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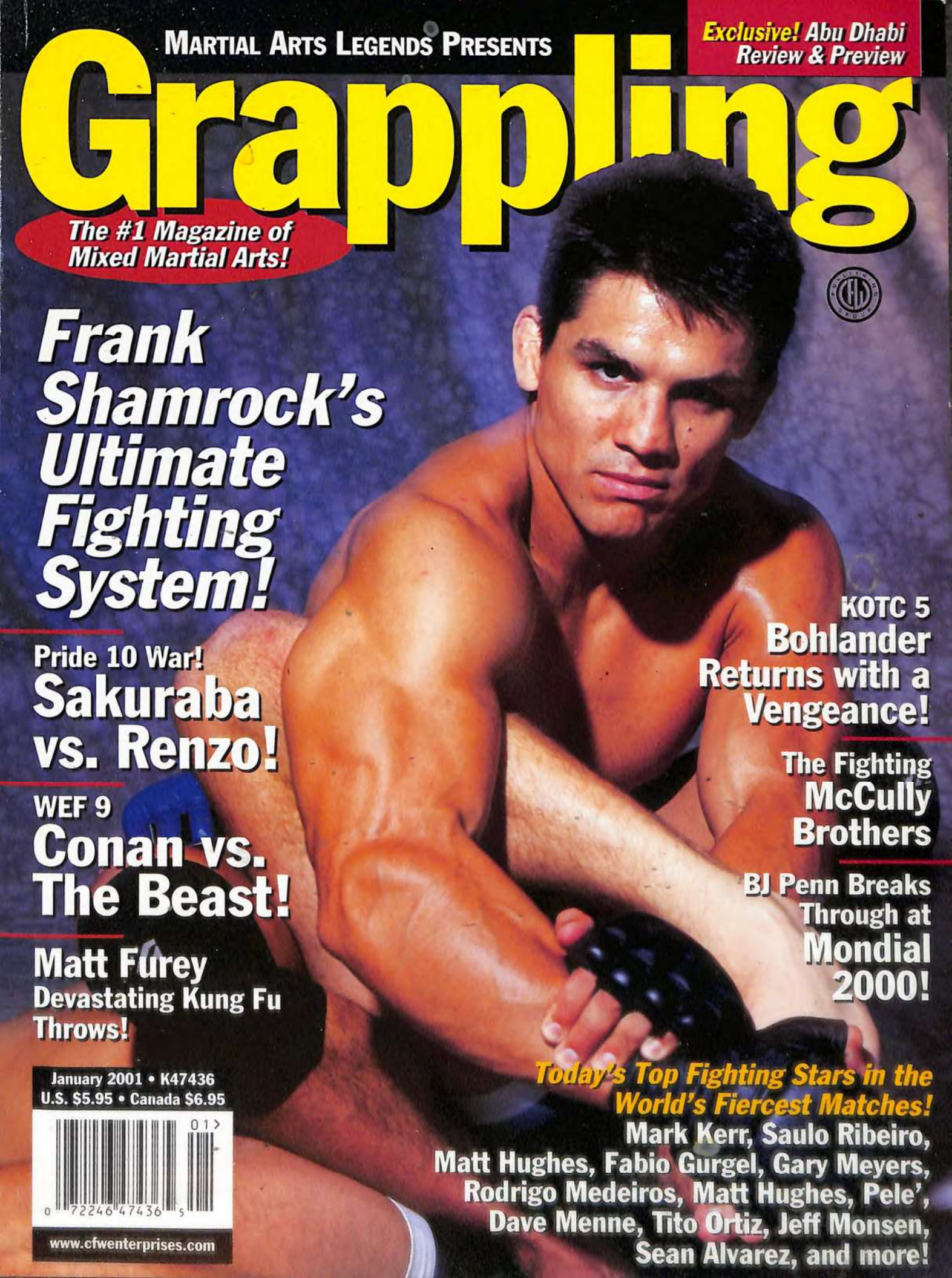

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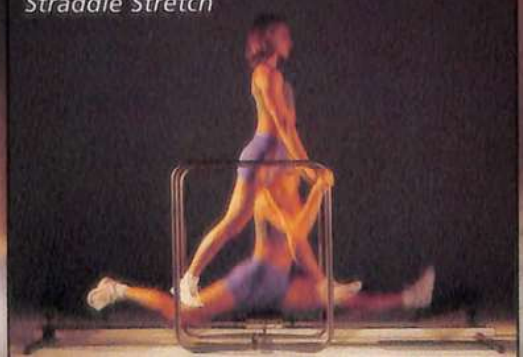

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Bas Rutten

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JANUARY 2001

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Train harder? Frank Shamrock, who has, in a few short years become THE no-holds barred fighter against whom other fighters are judged, would like to change that tired old bit of advice to "Train smarter." *by John Steven Soet*

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It's a fight fanatic's dream come true. Some billionaire angel throws open his pocketbook to put on a freewheeling event to pick the best submission grapplers on earth. It's Jean Claude Van Damme's *Lionheart* times ten. *by John G. Keating, MD*

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Those of us who have participated in and been around the martial arts for years have watched NHB's explosive development. One can only be in awe of the caliber of the athlete-warriors now competing in NHB events such as Jamie Levine's World Extreme Fighting. *Story and photos by Bill Curry*

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Brothers Sean and Justin McCully are martial artists and gym owners who are known in Europe and Japan for their all-around fighting and grappling ability – all they ask for in their home country of America is a little R-E-S-P-E-C-T. *by Todd Hester*

66 The 2000 Brazilian Jiu-Jitsu World Championships

The greatest jiu-jitsu players in the world assembled to find who was the best in the world with the gi. But there were some surprises in store – most notably in the form of American BJ Penn – who became the first non-Brazilian to ever win a black belt world championship. *by Kid Peligro*

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Lion's Den fighters Jerry Bohlander and Joe Hurley came into the event with high hopes. Bohlander hoped to make a successful NHB return after a two-year layoff, and Hurley sought to dethrone champion Chris Brennen and stake his own claim to fame. *by Cal Cooper*

Grappling Magazine Exclusive!

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As the month of March draws near, the grappling world turns its thoughts towards the Middle East where, for the fourth time in as many years, the best grapplers in the world will converge to showcase their talents. *by Kid Peligro*

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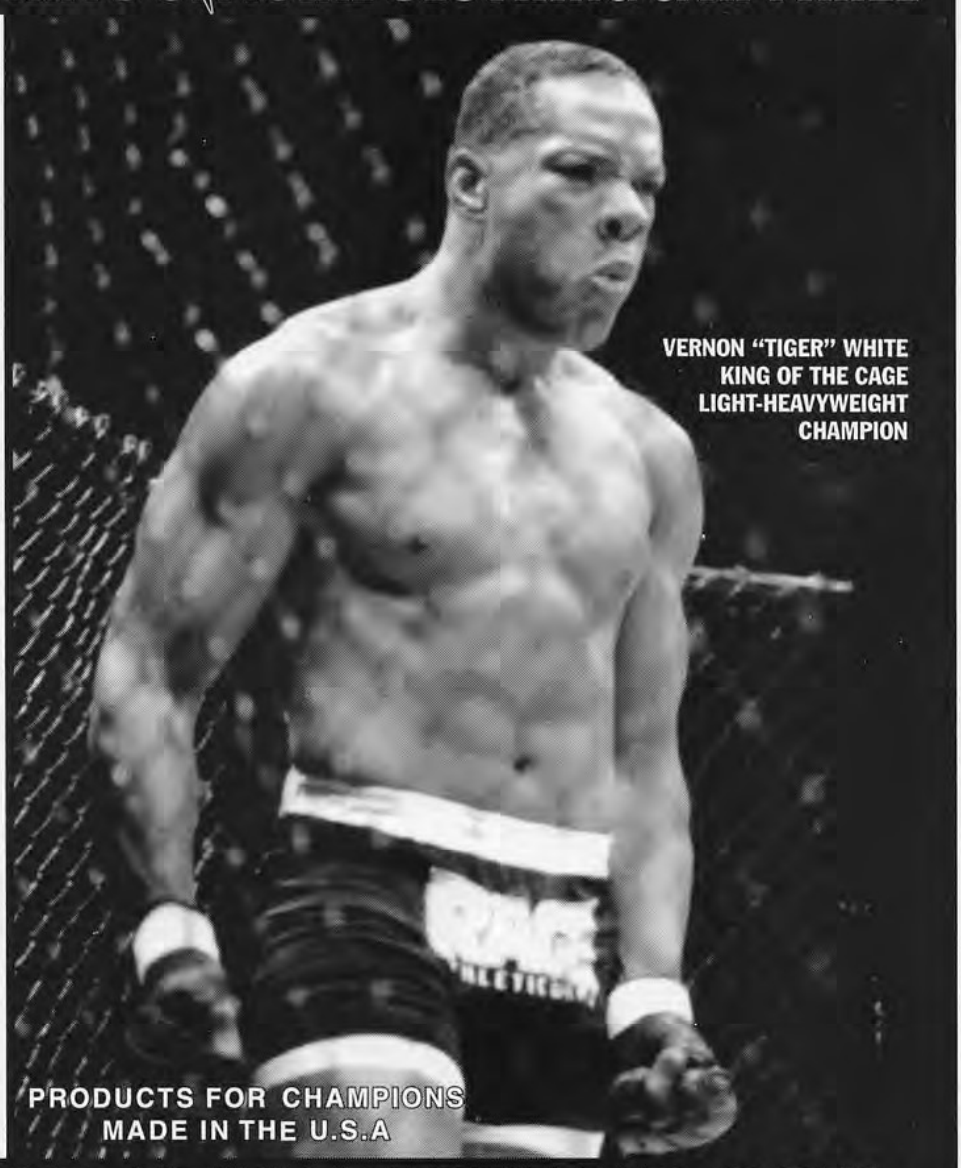

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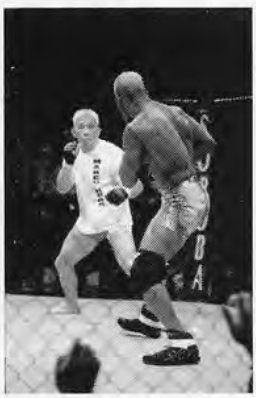

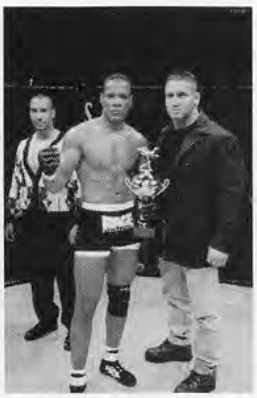

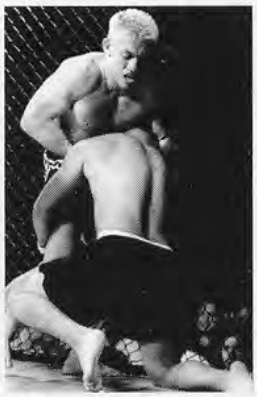

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Editorial

David 2 – Goliath 0

Unknown Grappler Stuns Pride Star

By Todd Hester

You never can tell what can happen in any given match. I remember just a few short years ago when Wallid Ismail "shocked" the world by beating Royce Gracie in a submission-only match in Rio. What really "shocked" me wasn't that Wallid won (he should have actually been considered the favorite due to his impeccable tournament credentials), it was how people reacted to the victory. They were utterly blown away – as if a total unknown had come out of the woodwork to beat a legend! Well, even though Royce Gracie was/is a fighting legend, with the heart of a lion (and the body of Gumby) there is no doubt that Wallid was not an unknown. What that shows me is that people are looking for that type of upset – even when it doesn't exist.

As more and more fighters practice and learn submission, there is a greater chance of "real" upsets happening. Everybody who trains submission knows about 60-to-70 percent of what everyone else knows. There are only so many ways to bend the arm, or twist the ankle, or squeeze the neck. The main difference in the quality of fighters isn't what they know, its their mobility to execute the motions, their physical stamina and strength, and the timing of knowing when to apply the moves. If you're like me, you watch Pride tapes, or live NHB events such as King of the Cage, or World Vale Tudo, or World Extreme Fighting, and constantly yell out "Go for the arm bar, you idiot!" or "Pass the guard, fool!" or "Don't try the knee bar, he'll catch you with the heel hook!" Of course, if I was on the mat, myself, you could throw out all the advice I was yelling in a hot second. However, the point is that we all know this stuff. We know what to look for. And that makes the possibility of upsets even more real. And anyone could do it in any given match.

If you're looking for an example of a "real" upset, look no further than the recent Machado No-Gi Submission Tournament in Southern California. Pride star Rico Rodriguez had shown up for a Superfight at the request of teacher Rigan Machado. However, there was no opponent for him to fight. So the Machados started asking around the arena for someone to fight Rico. No one accepted the challenged to face the feared Rodriguez – one of NHB's most dangerous fighters – no one except a certain unknown submission grappler named Ahmad Reese.

Now "Ahmad Reese" isn't exactly a household name – even in his own house – but he trains with Joe Charles, has a few students of his own, and is an avid and enthusiastic student of submission, even going so far as to hold his own Abu Dhabi style tournament a few months ago. Like most of us, he knows a lot but doesn't train a lot. So when he stepped to the mat on the spur of the moment, no one gave him the slightest chance of conquering the mighty Rico – including Rico, apparently, who from all reports didn't take him seriously at all.

Photo by Todd Hester

Joe Charles (left), Ahmad Reese.

So the two started to grapple, Ahmad deadly serious, Rico careless and unconcerned – and the unthinkable happened: Ahmad countered Rico's attempt to pass his guard by taking his leg and rolling into a textbook heel hook and applying pressure. Rico tried to escape but the hold was locked in and he was forced to tap – tap to an unknown grappler. The crowd was stunned, the Machados were stunned, Rico was stunned, and Ahmad was undoubtedly stunned. This was a Little Leaguer pitcher striking out Ken Griffey Jr. with the bases loaded, a Pee-Wee football player stuffing Jerome Bettis on the goal line, and the 5'8" center on the high school freshman basketball team slam dunking in Shaq's face in overtime – all rolled into one.

Now this doesn't tell me that Rico Rodriguez is no good – on the contrary, he is a true champion whom I would hesitate to bet against versus *any* fighter in the world – Mark Kerr included. What it tells me is that the overall level of submission is getting better and better – the gap between the "haves" and the "have-nots" is closing, and that no one should take *any* opponent lightly.

And what about Ahmad Reese? Was this an accident or is he really *this* good? "I wasn't all *that* surprised," Reese says. "I know what I know." Is a rematch in the works? "My dream is to fight in Pride and in Abu Dhabi," says Reese. "Outside of those two events I really don't see much point in fighting Rico again – after all, I did already beat him, and he wasn't all *that*."

More than anything, just like George Foreman in boxing, Reese has given hope to all us armchair pitfighters, that maybe, just maybe, if we got into the cage with The Specimen, or The Hammer, or The Northern Lethal Weapon, or Big Daddy, that we just might be able to pull something off. Hey, I know they're Pride stars, but maybe they're not "all *that*."

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CH#2 Street Guard (part one) Chris shows takedowns for street & vale tudo, including how to enter safely on a bigger opponent. Pummeling & the modified clinch. And the introduction into the dynamic, aggressive, guard designed specifically for the street! Including the use of the "whizzer" in the guard. This is a must see tape.

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CH#4 Street Guard (part three) Chris teaches the four lines of defense in the guard. How to counter a big wrestler who is trying to "stack & smack" you in the guard. And goes into the ways to pass the guard in the street. This tape will take your guard game to whole new levels, every serious fighter needs this info!

CH#5 T-Shirt Chokes In a streetfight your opponent wont be wearing a kimono designed not to rip! Chris shows you a ton of ways to choke out a guy who is wearing a flimsy t-shirt. He also discusses more detail on passing the guard, and teaches some fantastic drills designed to develop the open guard. Finally he discusses hairpulling and foul tactics and how to make an opponent pay for trying them in the street!

CH#6 Turtle Position Chris teaches you how to submit your opponent when he turtles under your strikes. How to escape from the bottom, overturn your opponent, and get on top! How to block out the hooks and get the guy off your back, and how to defend your neck in the street. This tape contains new material that will change the way you roll immediately!

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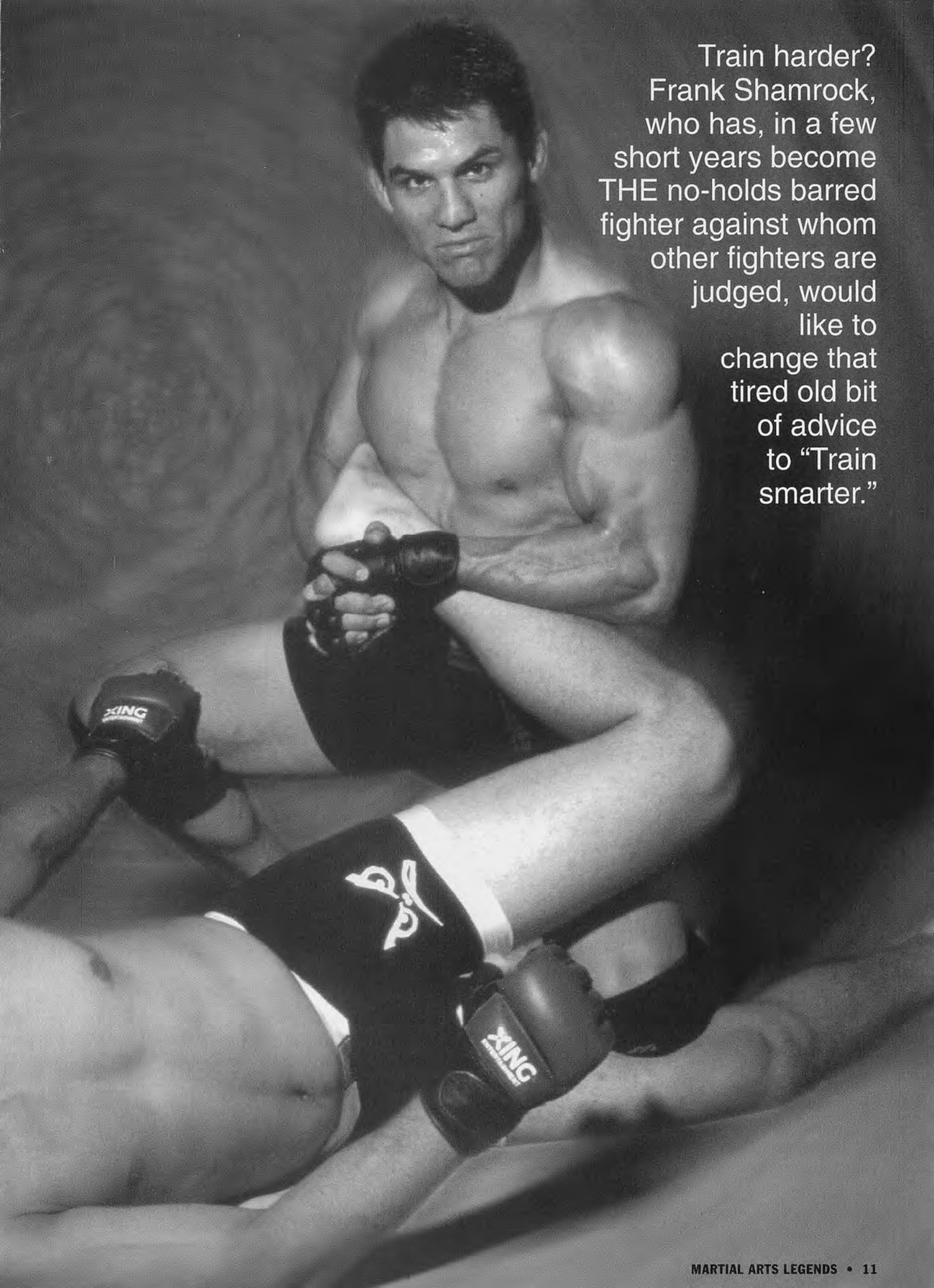
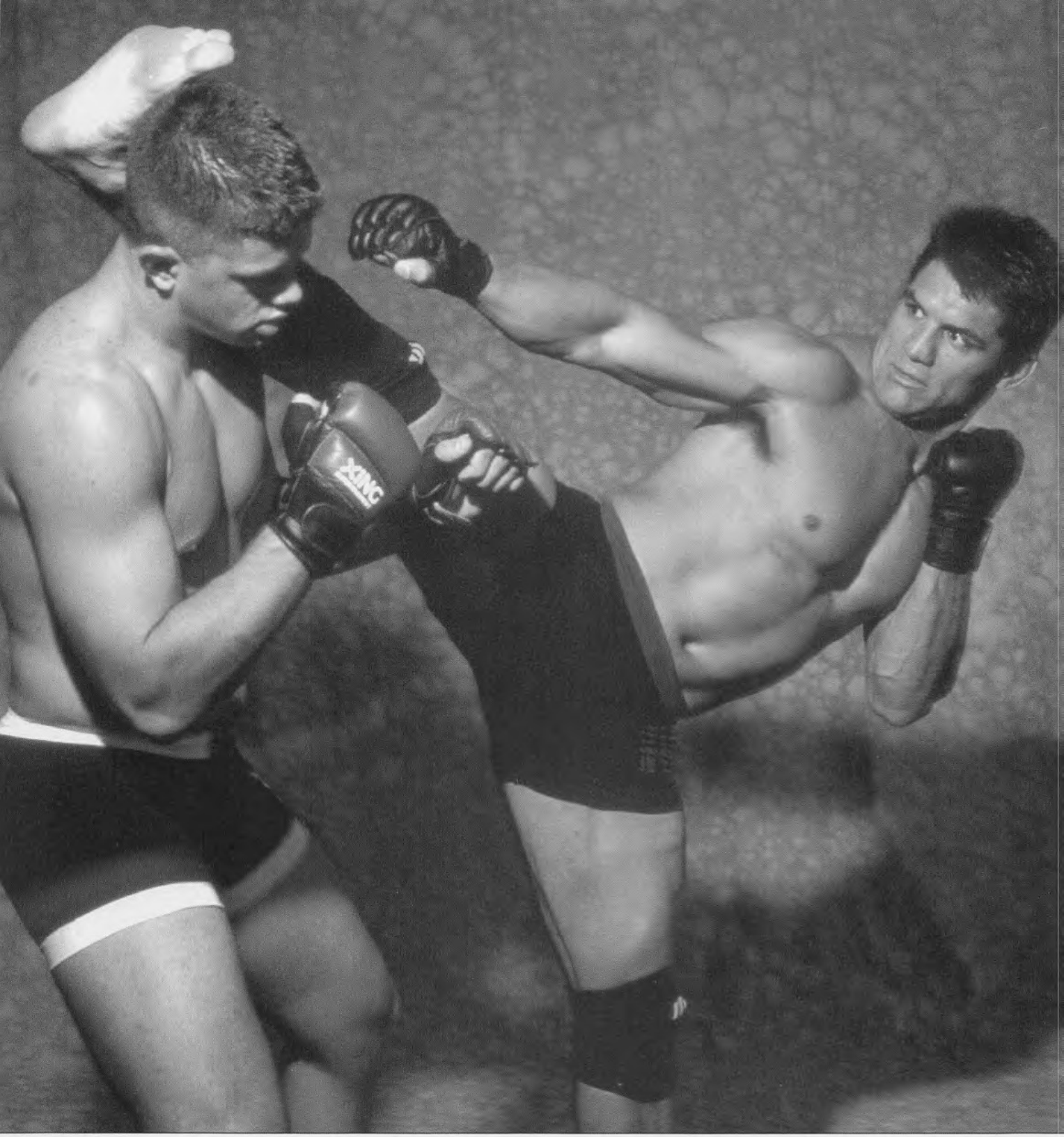
Frank Shamrock's Ultimate Training and Fighting System

By John Steven Soet

Beginning with the first Ultimate Fighting Championships in 1993, martial artists of all different styles, backgrounds and weight classes were able to pit their skills against each other in the ring. It was a rude awakening for many. A horde of martial artists who considered themselves invincible was soon tapping out. And these events answered once-and-for all, questions being asked by martial artists and fans for decades.


Train harder? Frank Shamrock, who has, in a few short years become THE no-holds barred fighter against whom other fighters are judged, would like to change that tired old bit of advice to "Train smarter."



The first question answered was, "Do martial arts work?" The answer was a resounding YES. Martial arts training was touted as being able to give a person the ability to overcome a larger, stronger opponent. Many doubted that this was true. Yet when the world watched 155-pound Royce Gracie continually humiliate and defeat opponents outweighing him by as much as 50 pounds, the public had no choice but to become believers.

The second question answered was, "What is the BEST martial art?" The answer was again indisputable: NONE. Martial artists from a myriad of different backgrounds and styles fought in these events, and it was clearly demonstrated that there is no superior martial art; there are only superior practitioners.

The next question was, "Did Bruce Lee know what he was talking about?" The answer was: You betcha! More then 30 years ago, Lee incurred the wrath of the martial arts community by insisting that it was a mistake to rigidly adhere to the teachings of a single style or system. Lee insisted throughout his adult life that martial artists should take advantage of opportunities to train in many different styles and ultimately develop a personal style as a form of self-expression.

This was quickly proven by the experiences of the early fighters in mixed

events. Suddenly, it was not uncommon to see a tae kwon do stylist grappling, or a grappler delivering a Thai hook kick. Martial artists who were highly trained in one style were quick to learn the weaknesses inherent in their system, and fill in the gaps by training in other martial arts. Practitioners who were highly skilled in their respective arts realized they needed to familiarize themselves with other systems so they could defend against them and develop effective counters. Fighters also immediately understood the need for cross training, such as weight training for strength, stretching for flexibility, and drills for speed and precision.

In short, the martial arts community got a much needed reality check. And the ultimate result was the birth of a new martial art. In fact, this martial art is so new that it has yet to be given a name. The public refers to this art variously as "no-holds barred fights," "ultimate fighting," and "mixed martial arts." And in no single individual is this new martial art more embodied than in Frank Shamrock.

Birth of a Legend

Born Frank Elisio Juarez, Shamrock owes his good looks to his Mexican/Native American heritage. He grew up in Northern California and ultimately took the name of his adopted father, Bob Shamrock. Fascinated by martial arts his entire life, he began training in a variety of styles at a very early age.

"Let's face it," says Frank. "We live in a world where there are unprecedented opportunities to train. A fisherman in Okinawa had to train with whatever karate master lived near him. He couldn't go to a karate lesson one day, a jiu-jitsu lesson the next, and a boxing gym the day after. We can. And we have fighters who are constantly testing and refining their skills. We have an unlimited pool of knowledge.

Frank quickly swept the world of mixed martial arts. With five UFC victories and a score of dazzling no-holds barred championships to back him up, he quickly became "The Man." Wherever there were butts to be kicked, Frank Shamrock came riding into town and kicked them all. And according to Frank, he has one, and only one secret. Training smarter.

Frank quickly swept the world of mixed martial arts. With five UFC victories and a score of dazzling no-holds barred championships to back him up, he quickly became "The Man."

Frank Shamrock's "Smart Training"

"First," Frank insists, "I want everybody to forget that tired old piece of nonsense, 'Without pain there is no gain.' If it hurts, it's bad for you. Pain is your body's natural way of telling you that something is bad for you. That saying was originated by bodybuilders, and I guess they're right if you don't mind tendonitis, sprains, and walking around like you're an old man by the time you're 30.

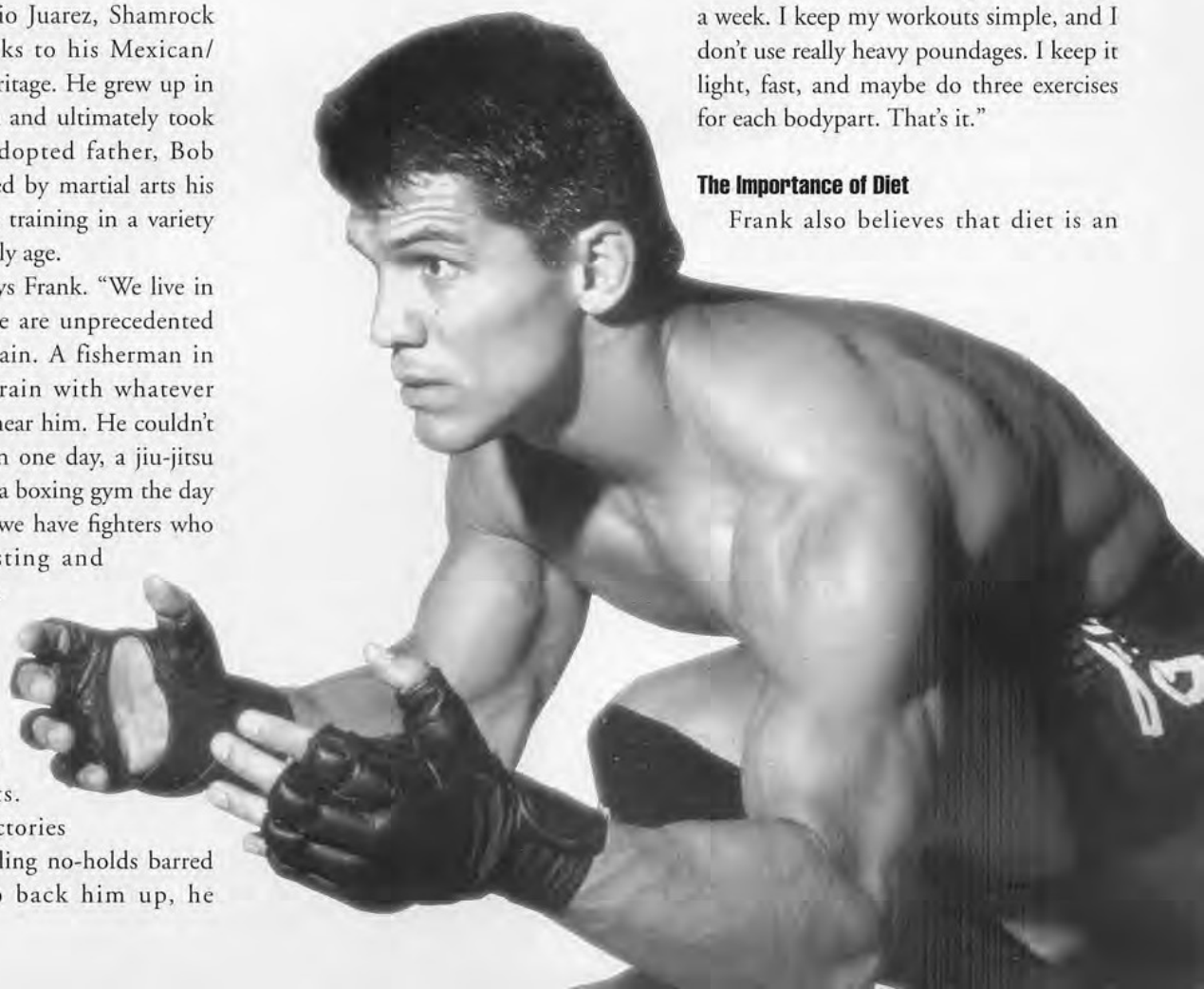
"Let's take stretching for example. When you stretch to the point of pain, you're tearing down muscle fibers. When the recover, they grow back harder, and less flexible. You're impairing your flexibility, not improving it. The trick is to stretch to the point where it just begins to hurt, then back off."

Frank is also a believer in daily training. "It's okay to take a day off every so often, but only through training every day do you constantly improve. I train every day of my life, and I haven't reached my peak yet. I'm not saying you should lift weights every day without giving your body a chance to recover, but you should alternate your various forms of training; weights, stretching, cardio, calisthenics, practicing your martial arts. They're all part of your training regimen.

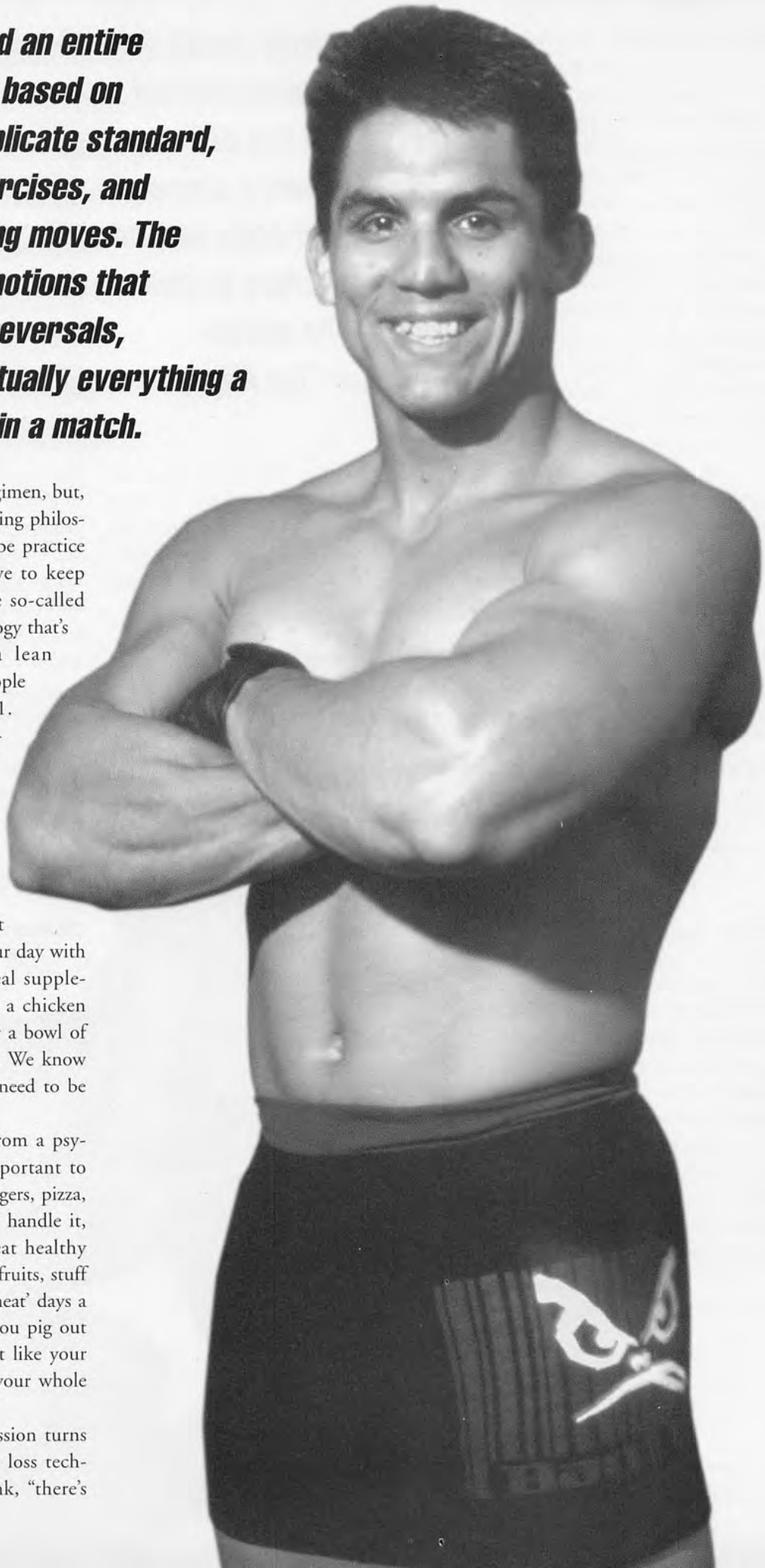
"For example, I lift weights three days a week. I keep my workouts simple, and I don't use really heavy poundages. I keep it light, fast, and maybe do three exercises for each bodypart. That's it."

The Importance of Diet

Frank also believes that diet is an



Frank has designed an entire workout program based on exercises that duplicate standard, effective body exercises, and incorporate fighting moves. The exercises utilize motions that include escapes, reversals, evasions, etc., virtually everything a fighter would use in a match.



important part of a fighter's regimen, but, like everything else in his training philosophy, he believes this should be practice in moderation too. "You have to keep away from the fad diets, the so-called latest discovery in diet technology that's going to turn you into a lean machine overnight. Hello! People have been eating since day 1. There aren't any new discoveries or secrets out there. There's nothing any doctor or scientist can tell us that we don't already know.

"The trick is to eat cleaner. We know what's good for us and what isn't. It may be fashionable to start your day with the latest state-of-the-art meal supplement, but what's wrong with a chicken breast and some white rice, or a bowl of oatmeal and a couple of eggs? We know that's good for you, we don't need to be told."

Frank also believes that, from a psychological standpoint, it's important to cheat. "I eat a lot of junk. Burgers, pizza, stuff like that. Your body can handle it, just don't overdo it. If you eat healthy stuff, lean protein, vegetables, fruits, stuff like that, you can have two 'cheat' days a week to keep you honest. If you pig out two days a week, then it's not like your bound to this restricted diet your whole life."

He laughs when the discussion turns to fad diets or "secret weight loss techniques." "Again," smiles Frank, "there's

no substitute for good-old common sense. People are always asking me, 'Frank, how can I lose weight?' I tell them to stop drinking sodas for a while, and switch to bottled water or a sports drink. There's as much sugar in a soft drink as there is in about two-and-a-half candy bars. And if you wanna lose weight, try this one: stop eating bread. Just try it for a week, no bread. You could lose up to seven pounds.

The Ultimate Training System

With his busy schedule, Frank soon realized that he had to become an innovator in the interest of saving time. With that realization, he quickly set out to create what may be the most ingenious training system ever devised. "What I did," he begins, "was to combine my exercises with fighting moves. That way, you're not only getting a great workout; you're practicing moves that you'll use in fights.

"It programs the mind, similar to kata. You do something thousands of times your subconscious mind takes over and you just do it instinctively. And if it's a physical exercise, you get the physical benefit.

"An example of this would be the humble squat. It works all of the muscles in the lower body. But then, when you drop into the squat, you can pivot around when you come back up. So it duplicates a move you'd use when someone tries to put a lock on you or attack you from behind. You squat down, pivot and step around, and when you come back up you're in back of the guy who attacked you."

Frank has designed an entire workout program based on exercises that duplicate standard, effective body exercises, and incorporate fighting moves. The exercises utilize motions that include escapes, reversals, evasions, etc., virtually everything a fighter would use in a match. The workout takes about 45 minutes to complete, and can get the fighter into top condition while programming the subconscious mind to respond to actual combat situations. Once this automatic response becomes natural, the body moves instinctively in a situation, responding to an opponent's attack without conscious thought and reacting instantaneously.

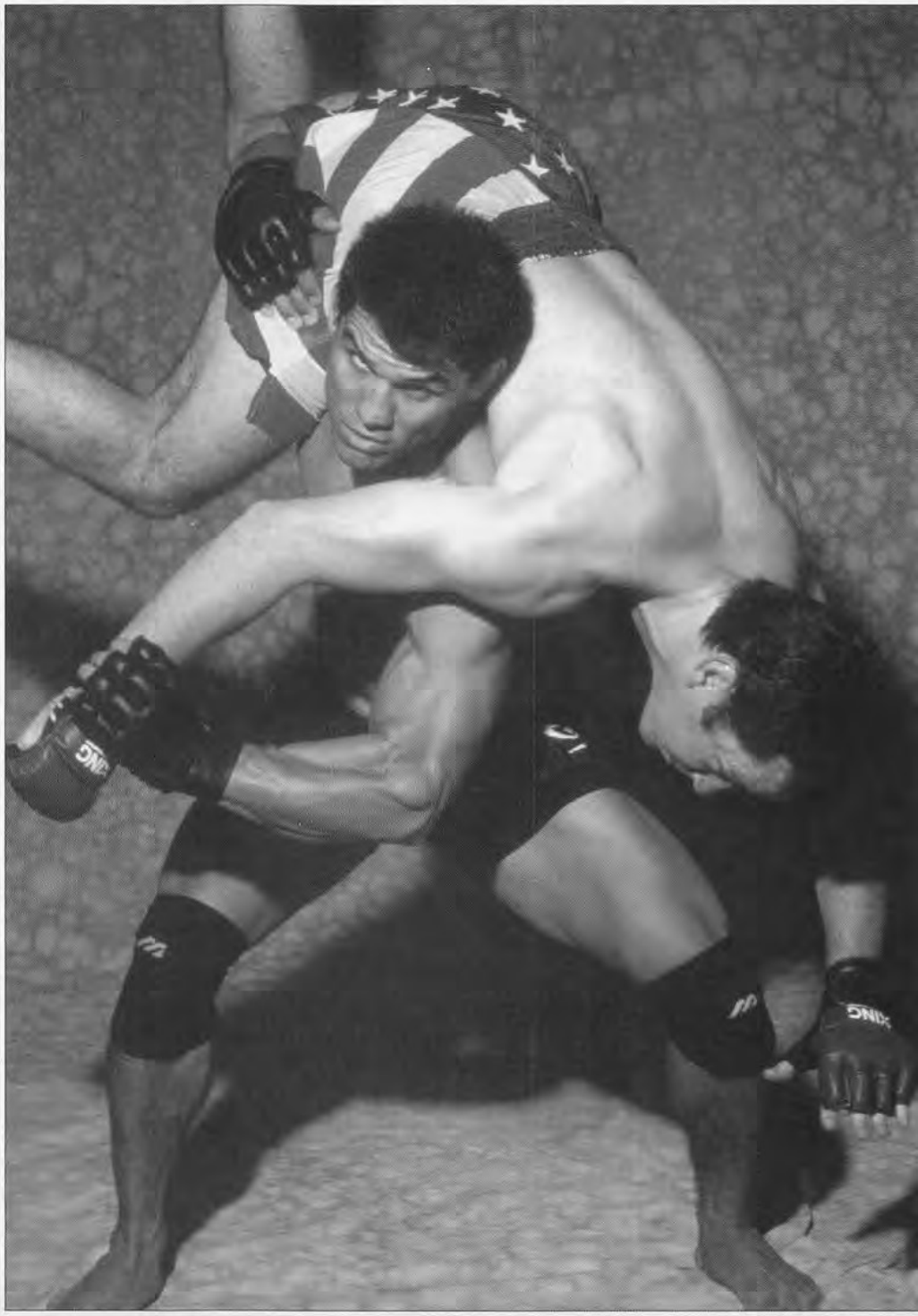
"This can make all the difference in the world in a fight," says Frank. "The fraction of a second it takes to think about what you're going to do is all your opponent needs to finish you off. When you react automatically, on instinct, you eliminate that little window of time that can make the difference between victory and defeat.

Visualization

The final aspect of Frank's training system is visualization. "I can't emphasize the mental aspect enough," he insists. "A fight looks very physical, but with two equally-strong, equally-fast and equally-trained fighters, it's more of a chess game. They both know what works and what doesn't. They both have experience, and neither one has the advantage over the other. This is when the fight goes to the mental level, and the fighter with the better mind will win.

"I use visualization constantly. I relax completely, and create a mental image of

Continued on page 91



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BRING THE BELL on Archive.org

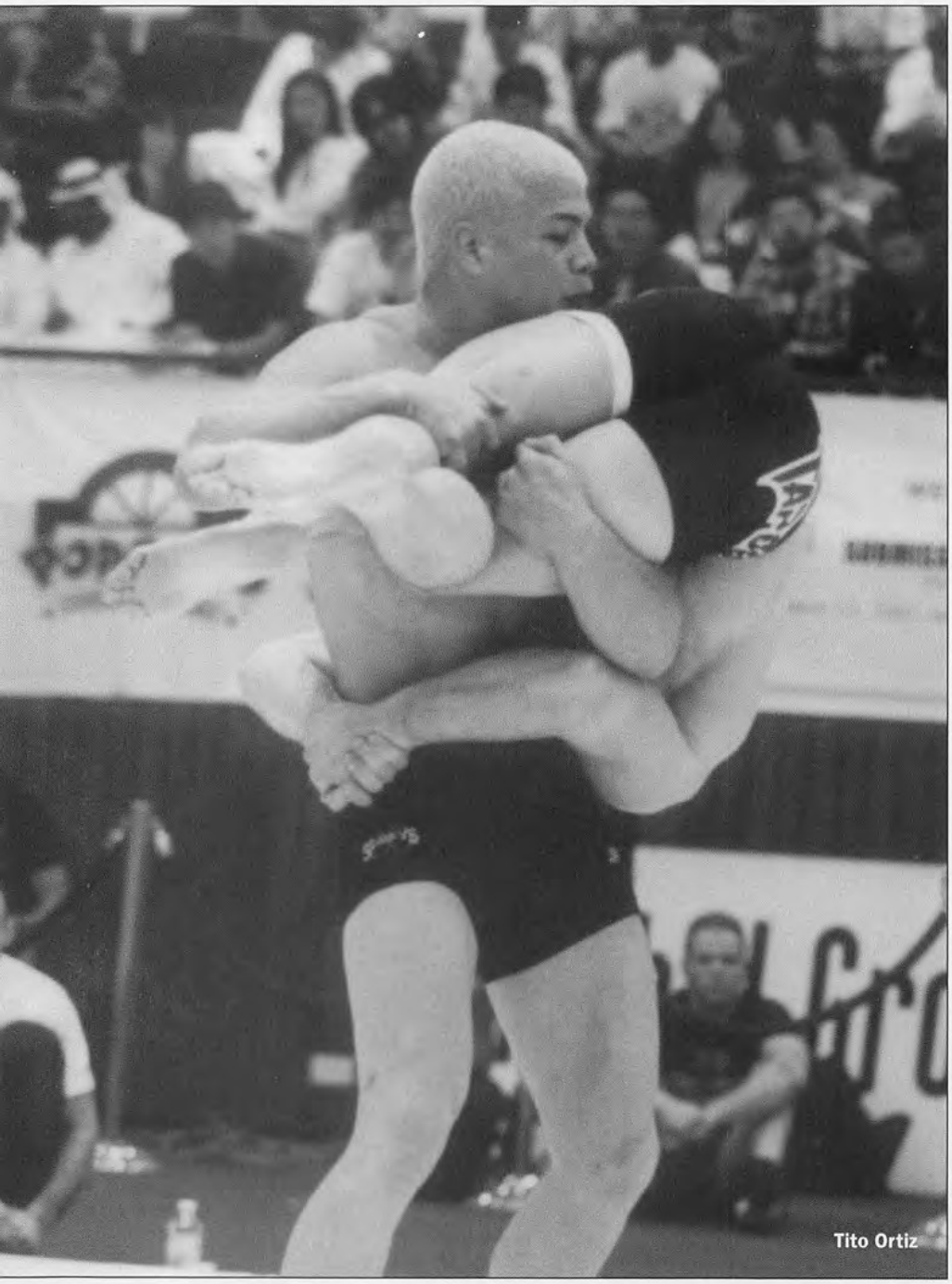
By John G. Keating, MD

Photos by Bill Curry

It's a fight fanatic's dream come true. Some billionaire angel throws open his pocketbook to put on a freewheeling event to pick the best submission grapplers on earth. Agents are sent out to scour the planet for the best fighters on the planet to meet in an exotic location for a week-long single elimination tournament for bragging rights as the best on Earth against the toughest competition in history – with hundreds of thousands in prize money thrown in for good measure. It's Jean Claude Van Damme's *Lionheart* times ten.

We're Not in Kansas Anymore, Toto

Notes written from under the bleachers at the Abu Dhabi 2000 Submission Wrestling World Championships

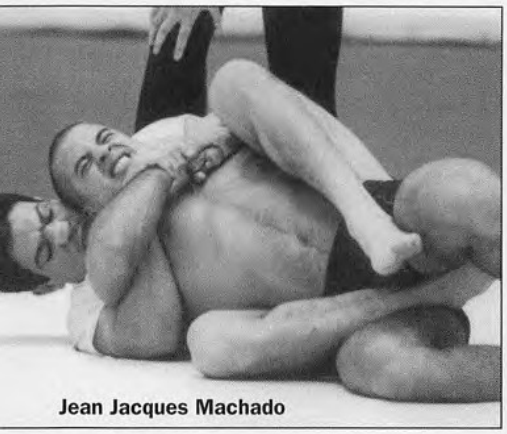


Tito Ortiz

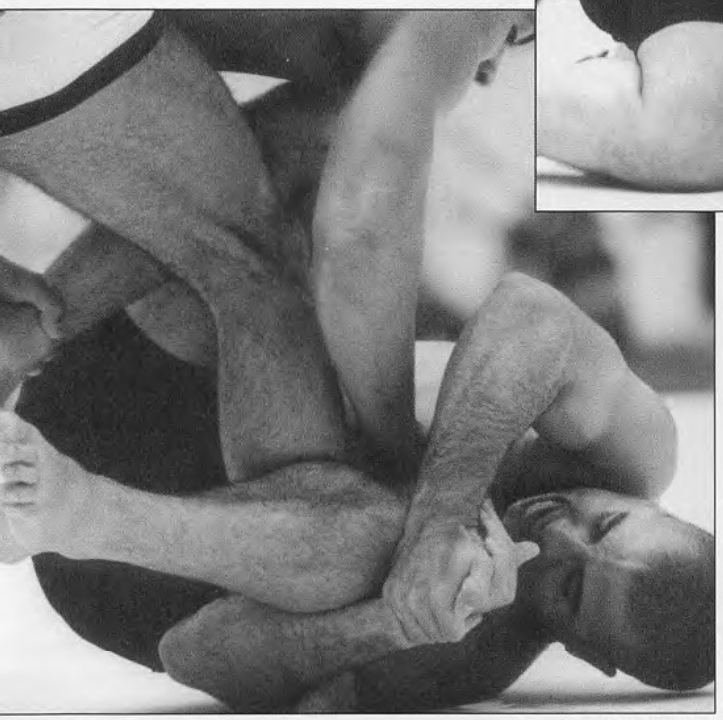
Enter the Prince. The prince is, of course, H. E. Sheikh Tahnoon Ben Zayed, a Bedouin royal who went to San Diego to study finance and came back enamored of the UFC and Gracie (now unfortunately called "Brazilian") Jiu-Jitsu®. Imagine what you would do if you had more money than a horse could jump over and you wanted to immerse yourself in something – to master something. Well, that's what the prince did. He brought Professor Nelson Monterio, Brazilian jiu-jitsu black belt, to Abu Dhabi and set him up in the Abu Dhabi Sports Center (which morphed into the Abu Dhabi Combat Club) and began intensive private lessons, eventually bringing in sambo fighters and Russian wrestlers to build his own private competition team. By all accounts His Excellency, the sheikh, is an accomplished student who has ascended to the rank of genuine purple belt in Brazilian jiu-jitsu.

But that's not really enough, is it? I mean, if you're a real fanatic and you've collected all the video tapes available, and you've watched and re-watched all the

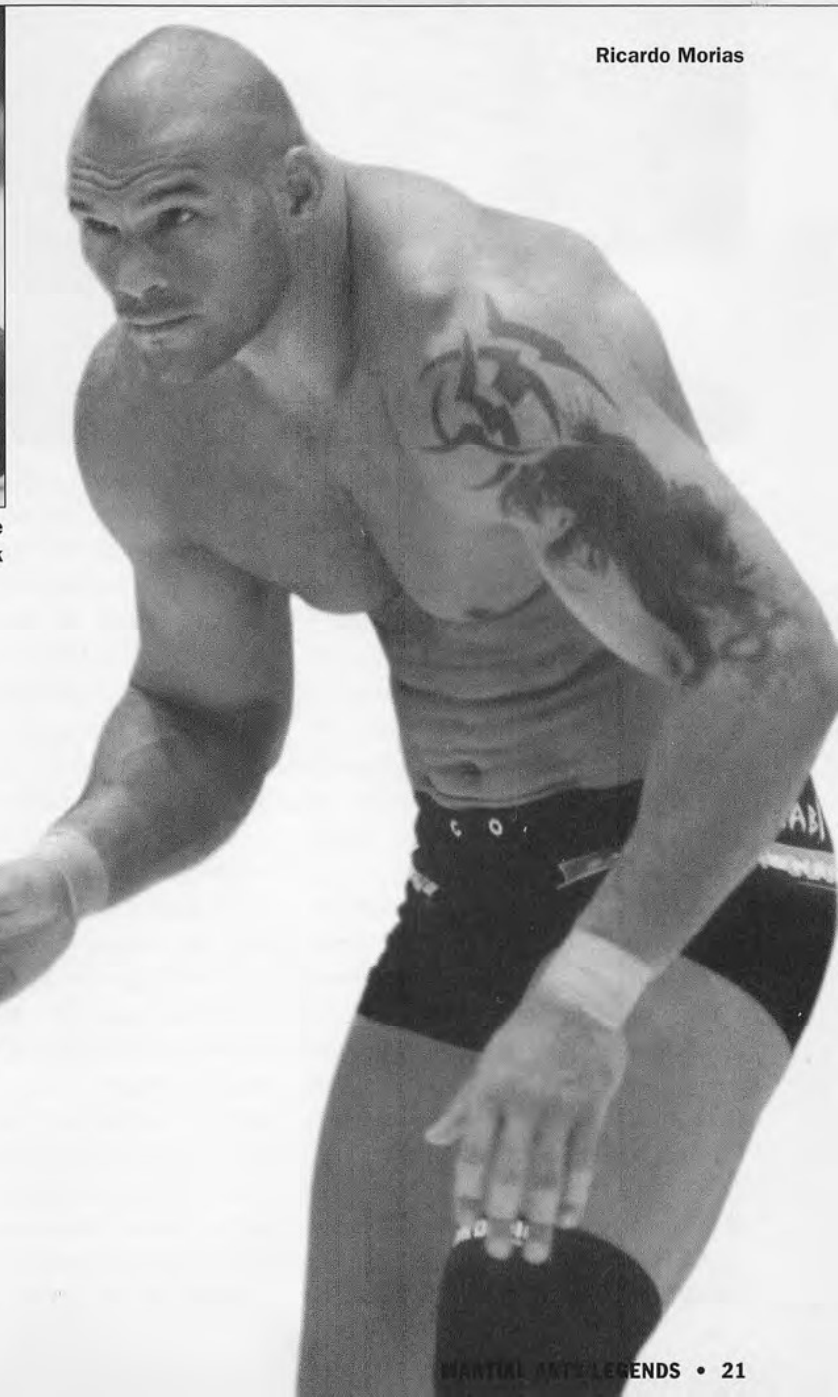
VIP central



Jean Jacques Machado



Looking for the heel hook

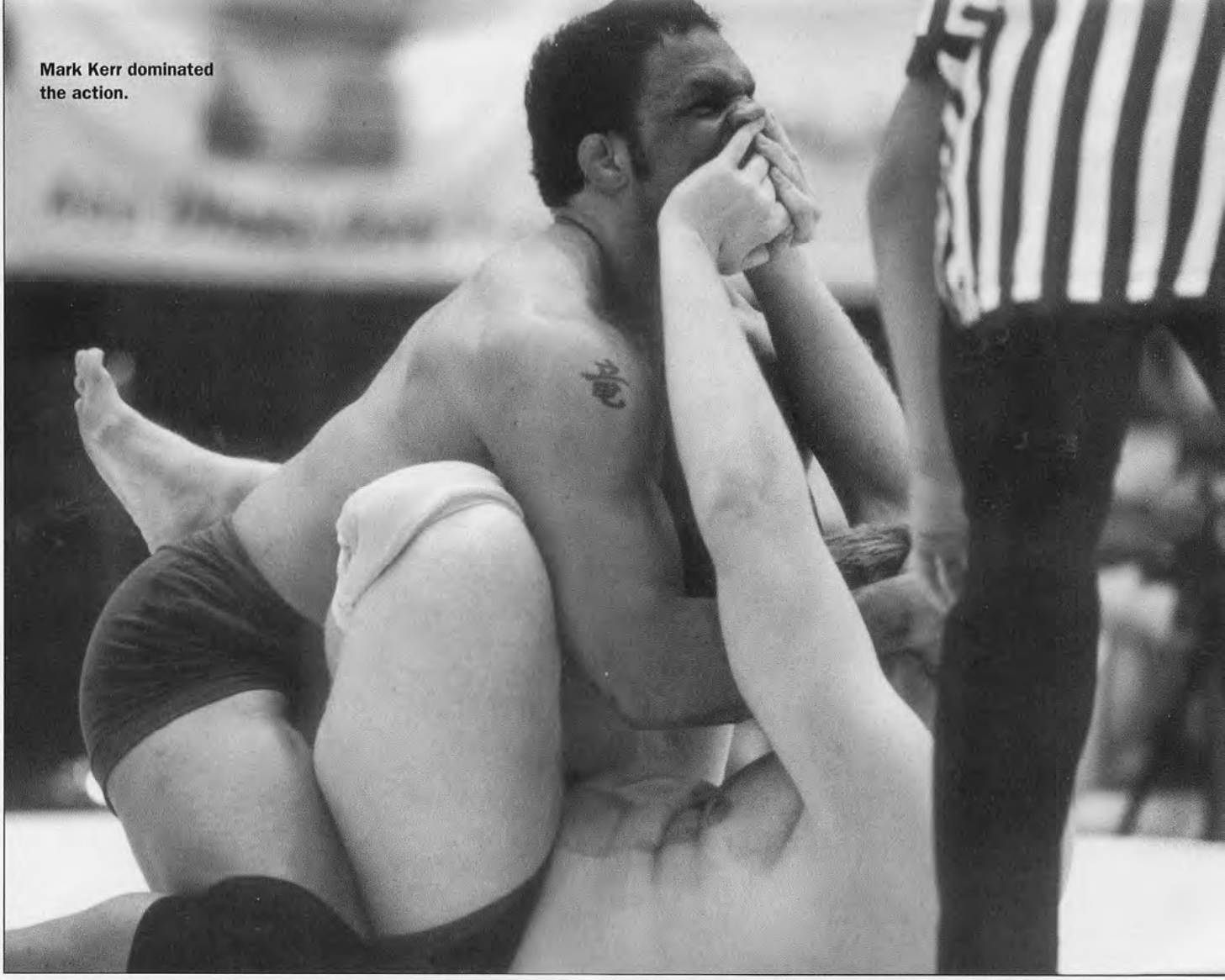


Ricardo Morias

fights from around the world, you've got to step up and do your own thing – and in 1998 that's exactly what the prince did – he held the first ADCC championships.

Except, of course, you are not finding the best submission grappler on Earth; you're finding the guy best at mastering the rules for this particular contest. Keep in mind that this is not a no-holds-barred event. It's a sporting event with special rules. And for those who leave the United Arab Emirates complaining that the best submission grappler didn't win, I offer this advice: it's the prince's country, it's his city, it's his house, it's his table, it's his deck of cards, all the chips belong to him, and he makes the rules – and, by God, if you don't like that idea stay in Kansas with Dorothy and Toto.

First of all, it's not easy to get there. If you're a competitor, you've got to go through a hellishly tough obstacle course



Mark Kerr dominated the action.

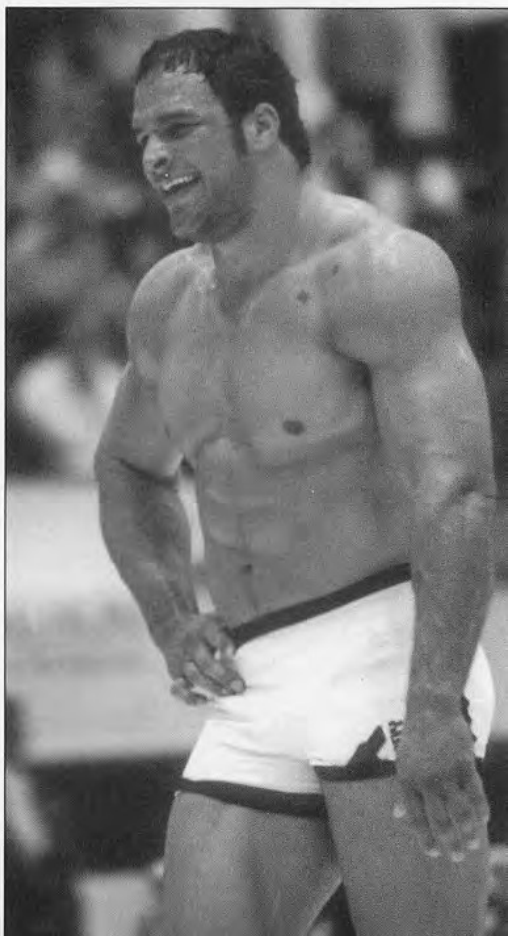
to qualify for the tournament and the trip. If you're not one of the seeded fighters – all of whom have proven themselves in previous ADCC championships – you've got to fight your way through a series of national tournaments to win the right to travel halfway around the world to compete in the Prince's House. Or maybe the Prince just wants to see you in his tournament – in which case you get an invitation. Remember, it's *his* tournament.

If you're a spectator, leave your attachment to the Bill of Rights in the departure lounge of Kennedy International Airport because Thomas Jefferson and James Madison don't cut much mustard east of Long Island, and they damn sure aren't on the political menu in the UAE. But my trusty photographer and I decided that this was the place we needed to be, so away we went.

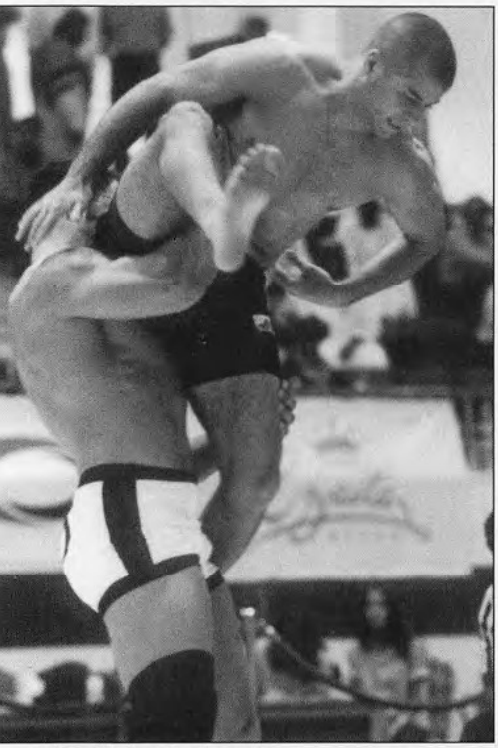
After battling our way through the Frankfurt Airport, where we had an eight-hour layover and a snarling lecture from a German customs officer on the moral, technical, and aesthetic superiority of Germany over the United States (how *did* we manage to win that war?), we arrived in Abu Dhabi in the dim predawn hours. Anybody who confuses the experience of passing through visa control there with getting off the plane in Topeka, Kansas just isn't paying attention.

Once you're through the x-ray machines and surly customs officers – no more surly than those at Kennedy (but then the average US customs agent can hold his own with Saddam's Republican Guard on a bad day) – it behooves you to remember that the UAE is a devoutly Moslem country. Do a little research, figure it out before you get there, and behave, and you'll have a good time. But don't for one second think you have any rights. You have whatever rights the Royal Family feels like giving you – or not.

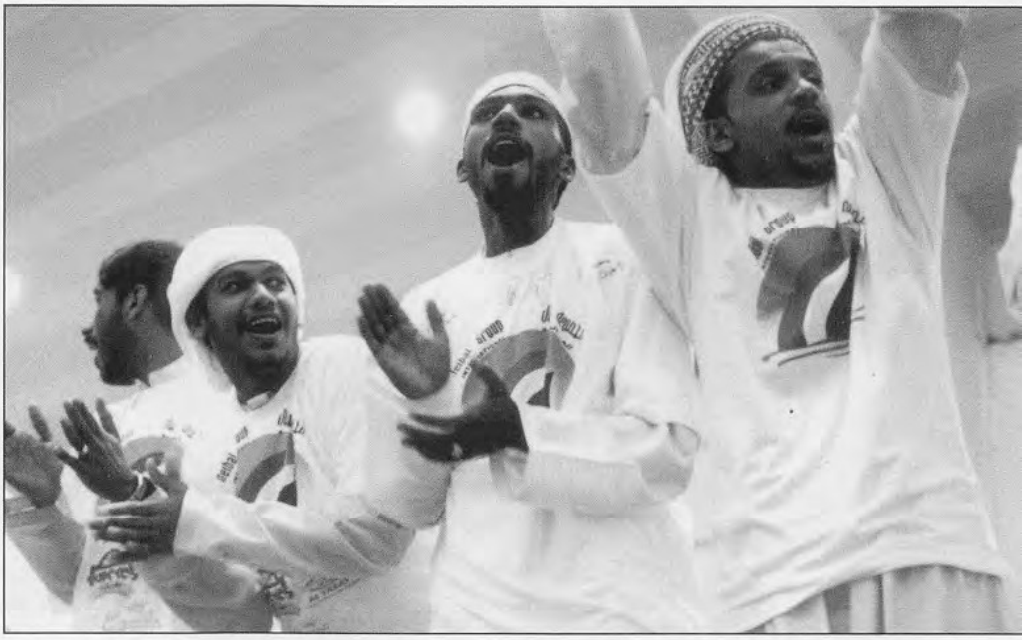
Ditto for the fighters in the competi-



tion. The guys who end up feeling cheated are the ones who weren't paying attention when they stepped off the airplane, and promptly got braced by a veil-wearing harpy who never heard of the NCAA and couldn't care less that you

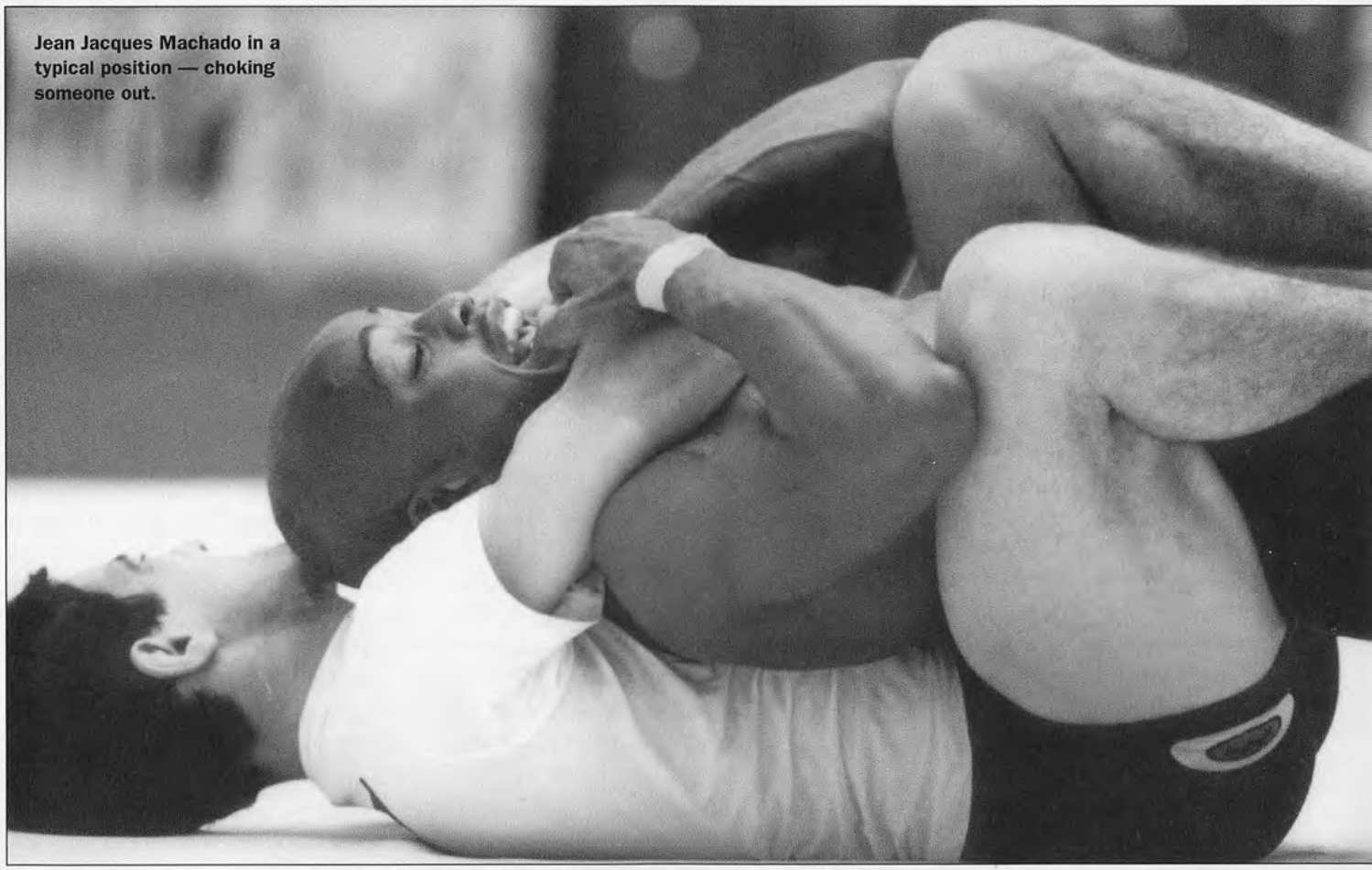


Kerr took no prisoners.

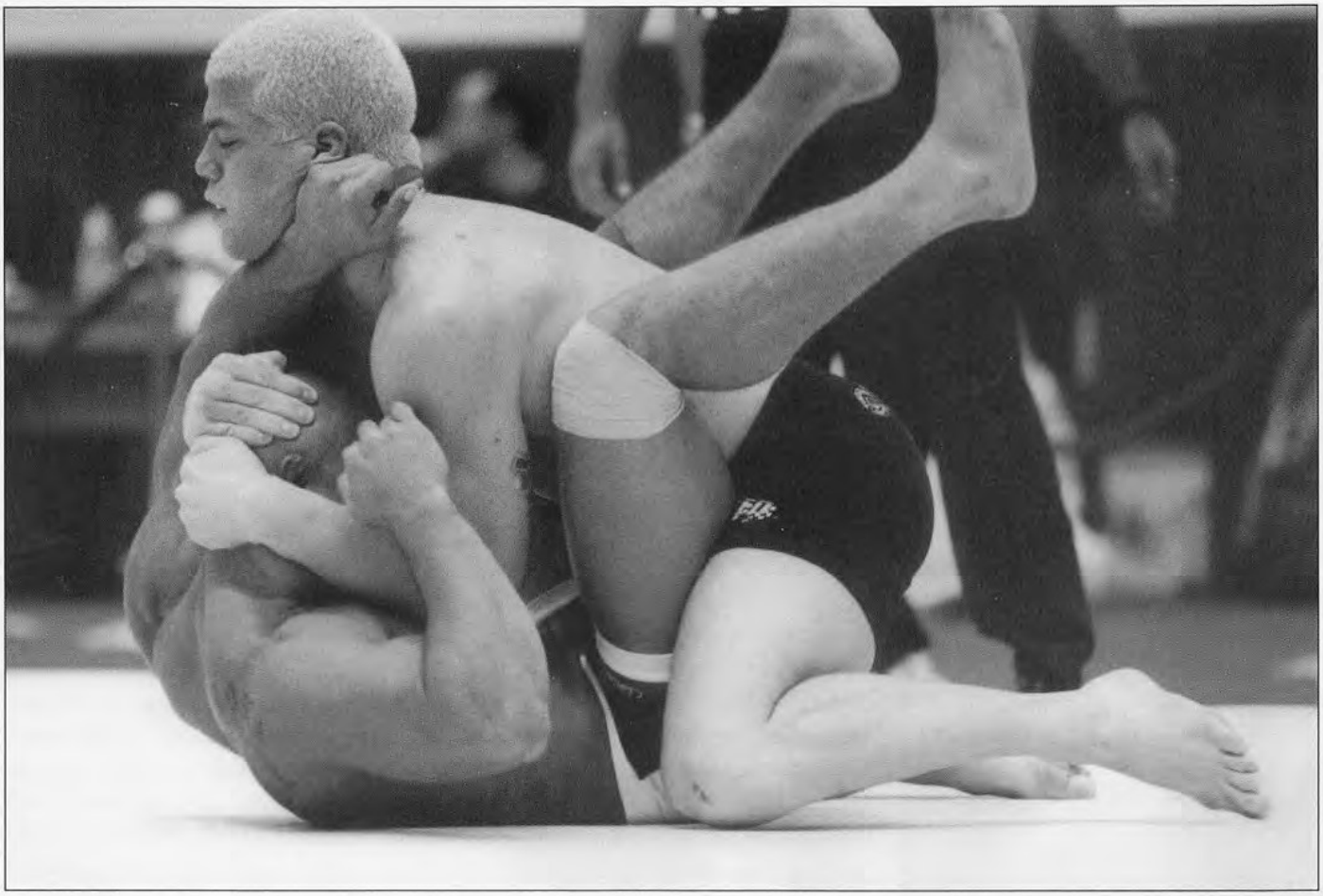


were an All-American. The guys who do alright and have a good time are the guys like Tito Ortiz and Matt Hughes who understand the purpose of the exercise: the prince wants to see some good fights and have a good time. Those type of guys show up with a sense of adventure and fun and enjoy themselves, and don't take themselves too seriously. Interestingly enough, this attitude bears fruit, and both of these guys did extremely well. In Matt's case, there was some confusion about which weight class he was going to enter, and they jumped him up *two* divisions. Instead of throwing a temper tantrum and whining about getting screwed, Matt kicked a bunch of ass. As a result, he'll be back next year with a nice sponsorship and fighting in whatever class he chooses.

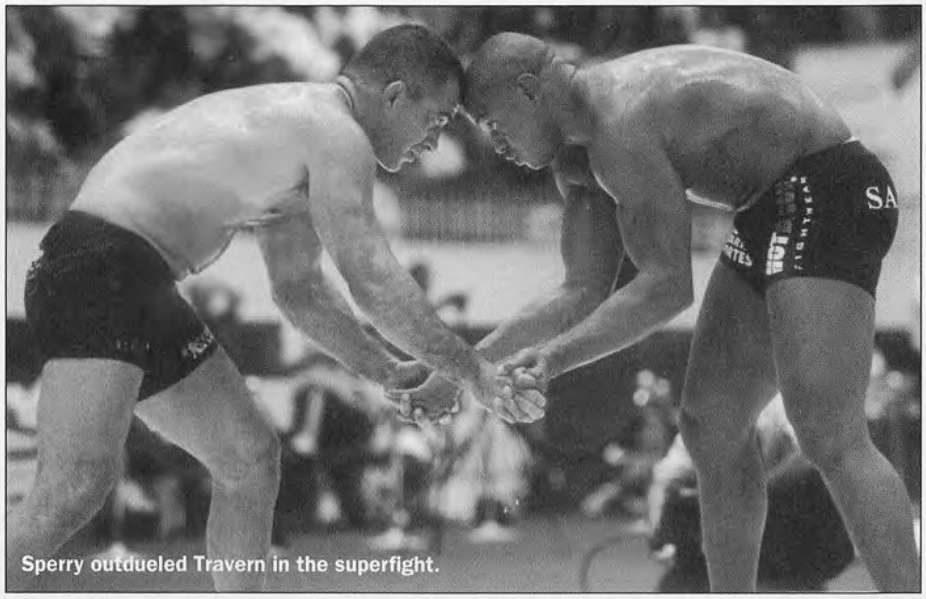
The idea behind the rules is to make



Jean Jacques Machado in a typical position — choking someone out.



things as fair as possible for everybody – in other words, don't slant the playing field for the jiu-jitsu guys or the wrestlers. Toward that end, the first five minutes are pure submission – there are no points for anything: near submissions, passing the guard, take downs, nothing – you submit your guy or you don't. That encourages the fighters to go for it – you don't have to worry about losing points for a technique that fails and lands you in a compromising position. The next five minutes, however, have some fairly arcane rules. Takedowns score points (advantage wrestlers); putting somebody in your guard costs you a negative point (advantage wrestlers); passing the guard gets you points, getting the back gets you points, getting the mount gets you points, sweeping gets you points, and the knee on the opponent's stomach gets you points (good for everybody); stalling in the guard costs you a negative point (advantage jiu-jitsu). In fact, it seems to me that this system slightly favors the wrestlers. The wrestlers tend to stall for the first five minutes, then shoot for a takedown and use their athleticism and balance to hang on to the point advantage from the takedown.



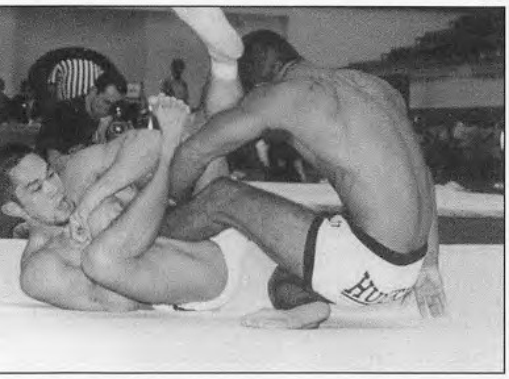
Sperry outdueled Travern in the superfight.

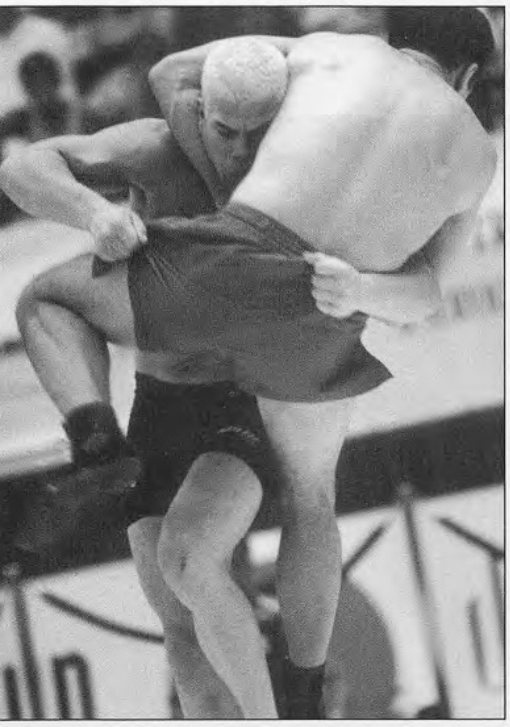
The bottom line is that this is a private function the prince is throwing – at a huge personal expense – for his own amusement. He can make any rules he wants to, and he can enforce them any way he chooses. If you don't like it, stay at home.

With the exception of the Russians, who were to the man a group of churlish louts, the fighters were generally good-humored. Anybody who loses a decision, of course, thinks he got shafted – a couple of them may have, but most of them didn't.

The first fight of the tournament – one of the best of the whole week – was a case in point: Royler Gracie vs. Baret Yoshida. You don't have to be a big Gracie fan – which I unabashedly am – to recognize Royler's greatness. Hell, he sub-

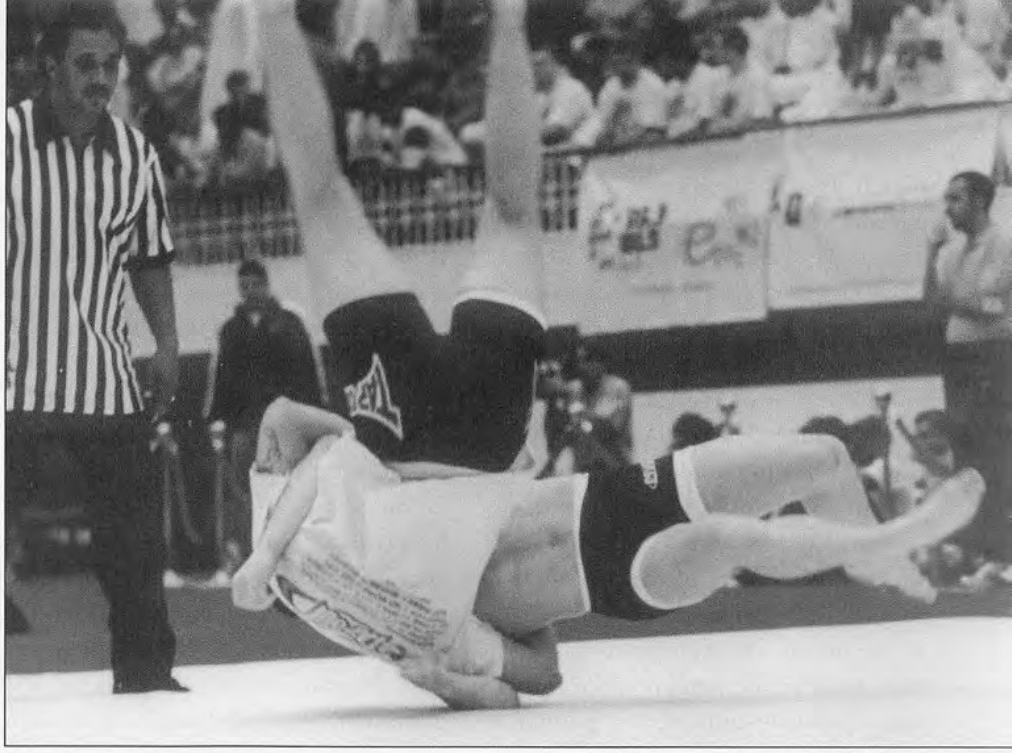
mitted every opponent he fought en route to winning the 1999 ADCC championship. On the other hand, Baret is a kid from Hawaii who fights out of the Egan Inoue camp. Baret and Egan are both great guys, but nobody was giving Baret much of a chance – until he caught Royler in an arm bar. I've watched the tape 10 times and I still don't know how Royler got out of that arm bar. Royler went on to get the decision and Baret felt cheated. I don't think he was, but I

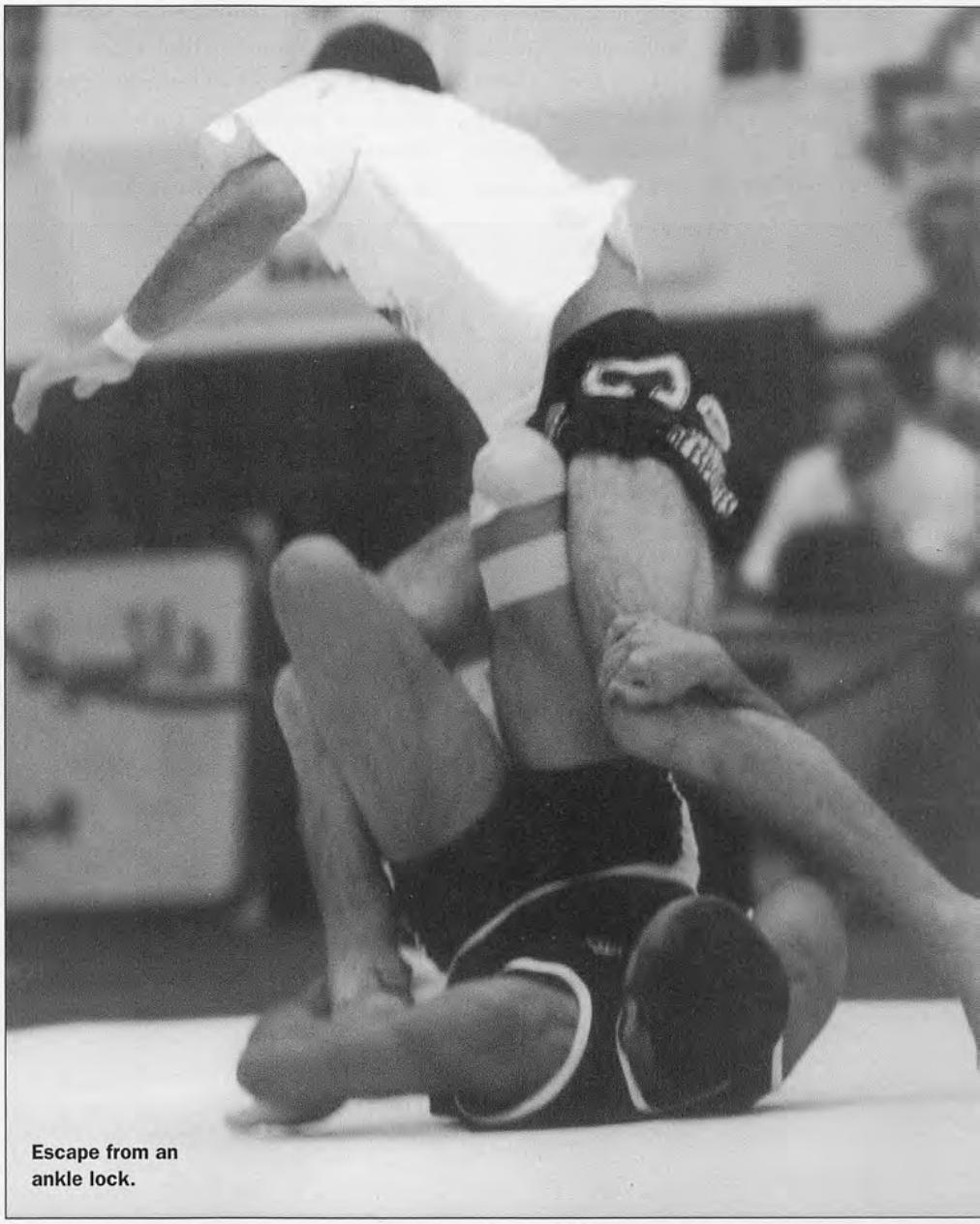




understand his frustration; it was a phenomenal effort, and it was close. He was, however, cheerful and good natured about it.

On the other hand, there was Mark Robinson. Nobody's ever really gotten the story about his leaving the tournament last year. One story has it that he was paid to leave to clear the way for another fighter more favored by the prince. Another was that he was threatened. This





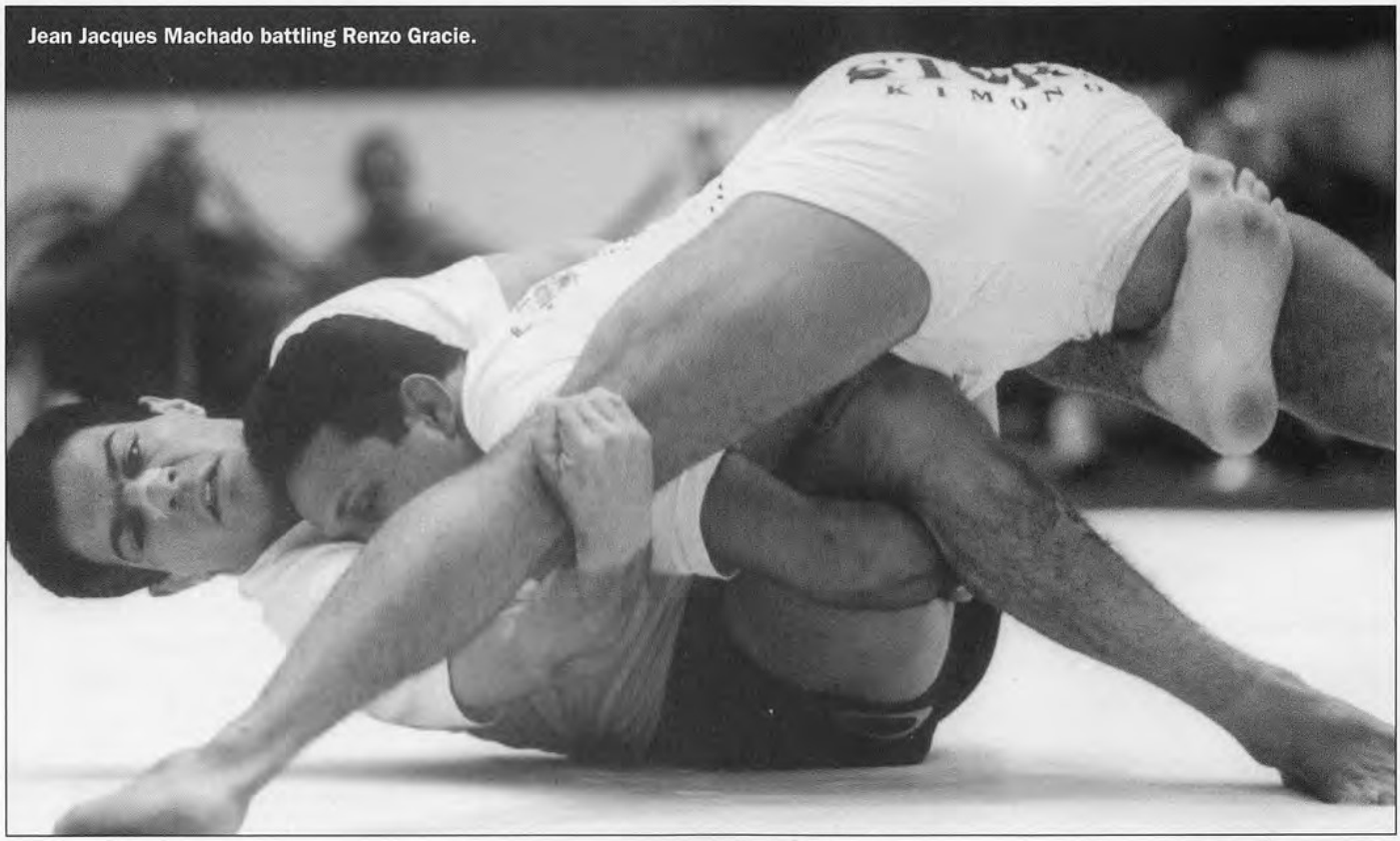
Escape from an ankle lock.

year his first match was with Ricardo Morais, one of the prince's favorites. Well, by any account this was an interesting match-up. Robinson, a former world amateur sumo champion, is six feet tall, weighs 315 pounds, trains with Obake (Tim Catalfo) and is one of the strongest men on Earth. Morais is a Brazilian giant, standing 6'5" tall, weighing 295 pounds and having the shredded physique of a body builder. These leviathans battled back and forth, crashing around on the mat like a couple of tsunamis. In my opinion, Robinson has the edge when they go to the edge of the mat, and are stopped to be dragged back to the center of the mat in the same position. Except they aren't in the same position; Morais has substantially improved his position in transit and when they return to action, he has Robinson in an ankle lock – match to Morais. Screw job? Well, yeah – but I see worse every month in Don King promotions, and King is nowhere near as likeable as the prince. Robinson is the ultimate gentleman – and he shrugged, grinned, and enjoyed the rest of the tournament from the sidelines with an ice bag on his ankle.

Just when you think this is a fairly benign form of despotism – the subtle shading of decisions, the unexplained overtime in a fight seemingly dominated by one fighter – along comes Kareem Barkalev, one of the Prince's imported Russian fighters. Kareem is a nasty, unlikeable piece of work who you would expect to get favoritism because he fights for the prince out of the ADCC. One of his favorite nasty tricks is to crack his opponents in the side of the neck in a putative attempt to grab the posterior cervical region in the traditional wrestler's hold. Ricardo Arona, newly minted BJJ black belt, responded to the third such mastoid jarring slap from Kareem with one of his own, only this one wasn't disguised. It sounded like a cow being smacked in the ass with the flat part of a banjo — paayooww! At which point Kareem went totally berserk – literally insane. He came shrieking across the

Barkalev loses his cool — and his job at the Abu Dhabi.

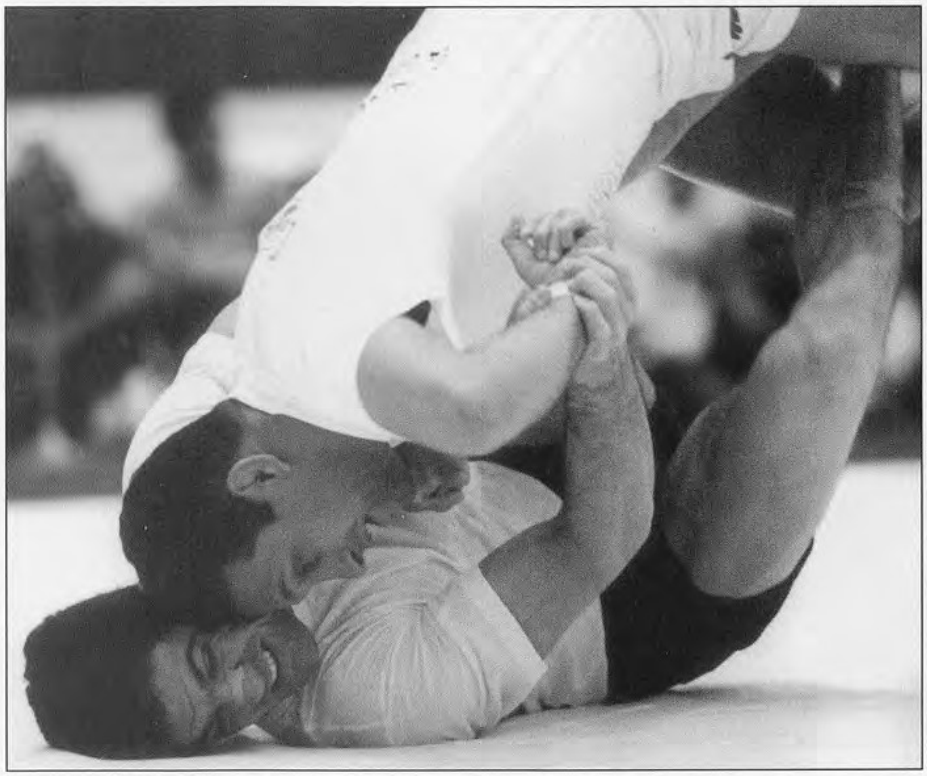
ring, punching and kicking. Which was interesting in the sense that for years when boxers actually "came to blows" outside the ring (Ali-Frazier, for example) they would invariably end up rolling around on the ground. And here are grapplers, punching and kicking. Go figure. At any rate, the zebras swarm the mat, holding the fighters apart. Arona immediately calms down (if you can imagine a Brazilian being the cool head in


Jean Jacques Machado battling Renzo Gracie.

such a situation.)

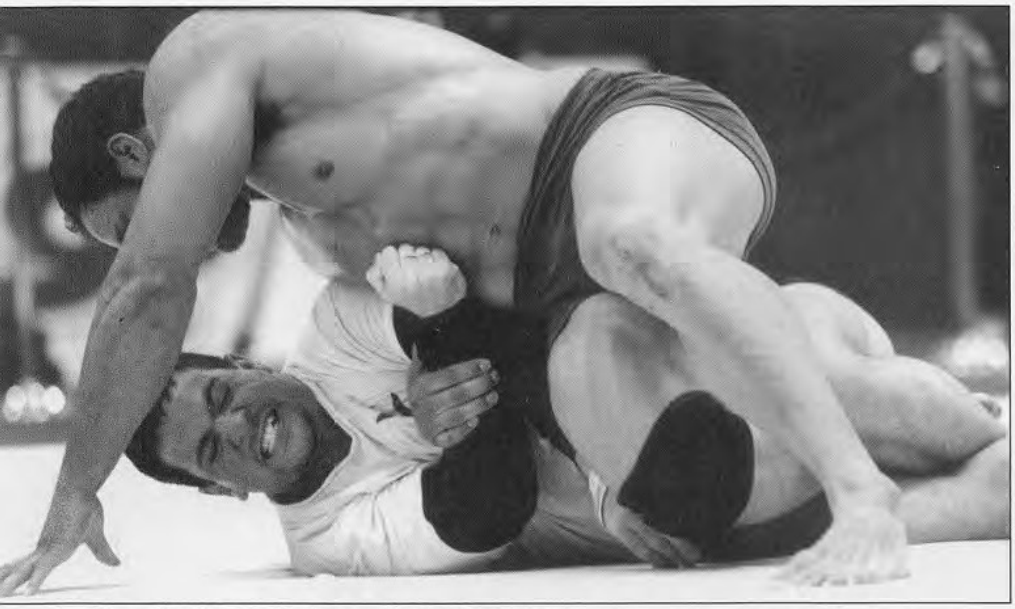
Barkalev, on the other hand, continues to scream and thrash like a wolverine who's gotten a bad hit of LSD-25 and a Three Stooges hotfoot at the same time. Down comes Nasyr, ADCC Health Club Manager, from his seat by the Prince, to urge Kareem to calm down: *he is embarrassing the Prince.* After another five minutes of spitting on the mat, and giving the finger, Kareem allows himself to be coaxed into finishing the match – but not before completely embarrassing His Excellency.

After the fight, he spits at the jeering Brazilians in the stands, gives them the finger *again*, grabs his crotch, and walks over to the post-fight interview area – where he is greeted by machine- pistol toting, blue-berets wearing commandos, who escort him out of the building and directly to jail where he sits in his shorts until 4:00 a.m. Then is put on an airplane back to whatever godforsaken part of the collapsed Soviet empire he came from – end of Kareem's Abu Dhabi career. One day he's making big bucks teaching a couple of kids' classes a week in a plush sports complex and training to represent the ADCC, and the next day he's sitting in a jail cell in his shorts

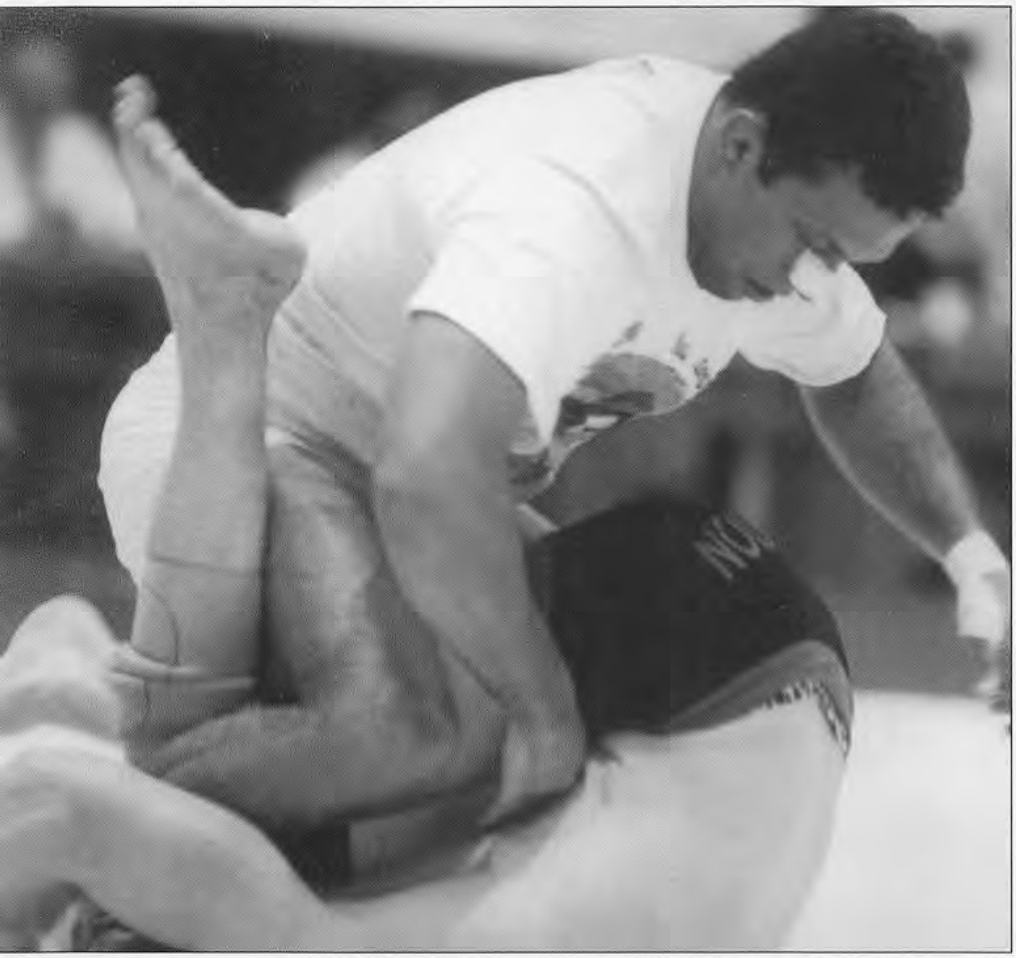


waiting to be deported. Face it, Toto, you are not in Kansas anymore – you're not even in Abu Dhabi anymore.

Sometimes the benign despotism takes the form of looking the other way during a rules infraction. To wit, Brazil's Liborio vs Japan's Oyama. Mr. Oyama, apparently unimpressed by Liborio's reputation as one of the greatest jiu-jitsu fighters ever, began the match by twisting a couple of Liborio's fingers and breaking them. Small joint manipulations are clearly illegal, but before anybody could do anything about all this, Liborio, in his understandable pique, got Oyama's back, clawed his eyes to get his chin up, sank in a deep, deep rear naked, and choked the Japanese judoka completely and totally



Rigan Machado trying to survive Kerr's power.



ADCC 2000 Top Fighters

Courtesy Kid Peligro, ADCC Feature Writer

Under 65 Kg
(1) **Royler Gracie**, Brazil, (2) **Alexandre "Soca" Carneiro** – Brazil, (3) **Joe Gilbert**, USA, (4) **Matthew Hamilton**, USA.

66 - 76 KG
(1) **Renzo Gracie**, Brazil, (2) **Jean Jacques Machado**, Brazil, (3) **Marcio Feitosa**, Brazil, (4) **Leozinho Vieira**, Brazil.

77- 87 KG
(1) **Saulo Ribeiro**, Brazil, (2) **Ricardo Liborio**, Brazil, (3) **Alexander "Sacha" Savko**, Russia, (4) **Jorge "Macaco" Patino**, Brazil.

88 - 98 KG
(1) **Ricardo Arona**, Brazil, (2) **Jeff Monsen**, USA, (3) **Tito Ortiz**, USA, (4) **Matt Hughes**, USA.

98 KG and above
(1) **Mark Kerr**, USA, (2) **Ricco Rodriguez**, USA, (3) **Rigan Machado**, Brazil, (4) **Ricardao Morais**, Brazil.

Absolute Division
(1) **Mark Kerr**, USA, (2) **Sean Alvarez**, USA, (3) **Ricardo "Cachorrao" Almeida**, Brazil, (4) **Rodrigo "Comprido" Medeiros**, Brazil.

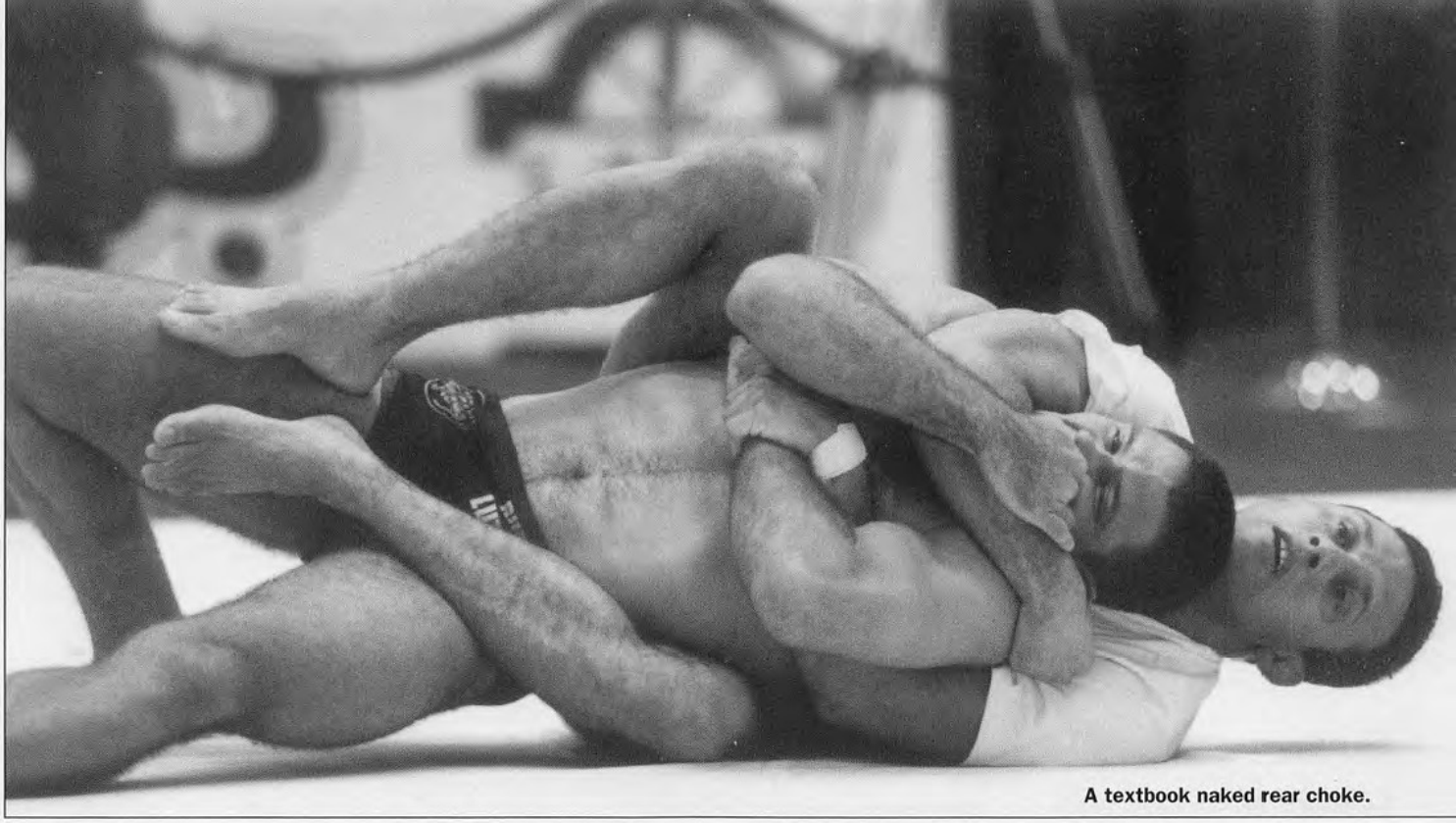
Superfight
Ze Mario Sperry, Brazil, def. **Roberto Traven**.

unconscious. Nobody said squat. They just patted Liborio on the head and passed him and his broken fingers onto the next round.

And there are, apparently, limits. In the most fun match of the entire week, Mark "The Specimen" Kerr, and Leo Vieira, a 19-year-old Brazilian phenom and the most likeable kid in the sport, went at it in the Absolute division. Here's a kid outweighed almost 100 pounds putting Kerr, a world-class wrestler and the 99 kilogram and above champion, to a hell of a test. Leo's slick as snot on a door knob, and it's a great fight, back and forth, but Kerr's never in danger of getting tapped. The Texas Rangers have a motto: "Little man whip a big man ever' time if he's in the right and keeps acomin'." Well, maybe in Texas. But in submission wrestling the best you can hope for is a great fun match, and that's what this was.

At the end of the match there's a looonnnggggg discussion among the officials, some of them maybe feeling that it would be good if Leo won. He didn't. Finally, everybody agreed that this was Mark's day, and he got the deserved decision. Texas Rangers not withstanding, it was the right thing.

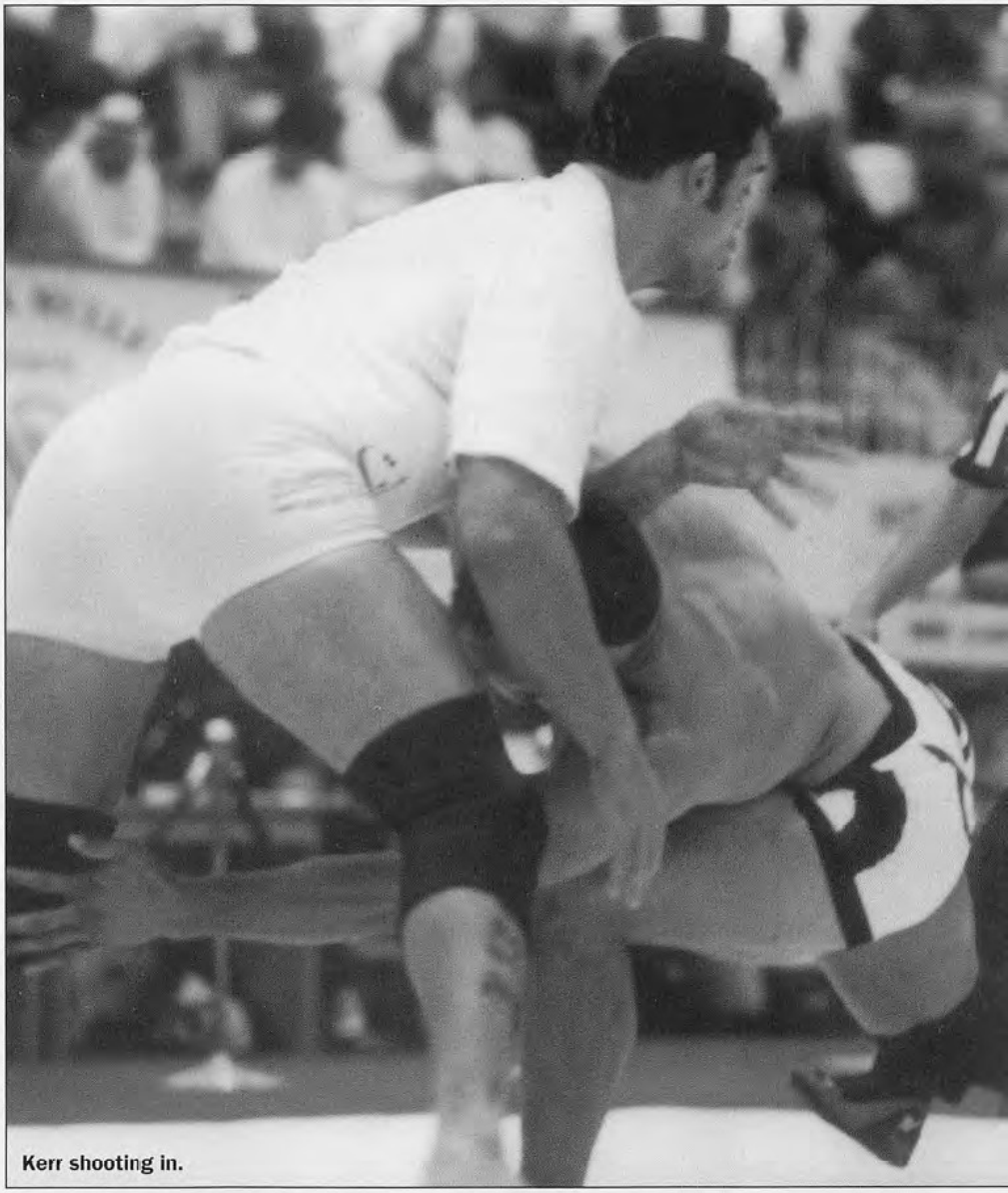
Finally, at the end of a great week, we're headed back to the States, and we're



A textbook naked rear choke.

passing back out through customs at 3:30 a.m., and everybody is just dog tired, and for the fourth time in 60 meters, we're stopped by yet another douanier martinet demanding in the typical brusque fashion to see (did I mention for the fourth time in 60 meters), our passports, tickets and visas, and my photographer just snapped. "No," he said. "Hell, no. That's enough! That's crap! You don't need to see my papers again! You've seen them three times already in the last two minutes." There was a moment of silence as this armed functionary began to wake up and focus his beady little eyes on this mini-rebellion – sort of like a lizard noticing a nice fat fly sitting an inch from his nose. With visions of Barkalev dancing in my head, I grab the photographers passport, visa and tickets, smile like a mule eating wasp nests, and in my most servile, obsequious fashion, gently thrust them at Mr. Customs Agent. "Forgive my friend," I murmur apologetically, eyes downcast. "He thinks he's still in Kansas."

After long, tense moment of silence, the official shrugged, glanced at the papers, stamped them, and we were allowed to leave – without the ignominy of spending the rest of the night in a jail cell in our shorts waiting for the next flight to God knows where.



Kerr shooting in.

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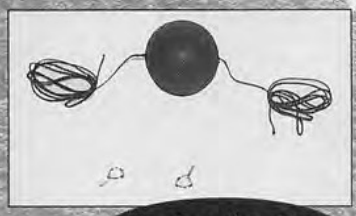

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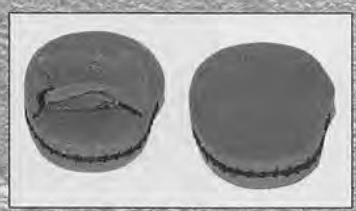

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FITNESS

THE SAKURAB

By Eddie Goldman
Photos by Luca Atalla

Facing off against Japanese phenom Kazushi Sakuraba in Pride 10, Renzo Gracie hoped to do something that neither cousins Royler or Royce could do – hand Sakuraba a loss and restore the reputation of the Gracie family.

TOKYO – The United Airlines flight to Tokyo was late, after they had cancelled my first flight, and I was dog-tired after spending umpteen hours crammed in steerage in the not-so-friendly skies. So it was a pleasure and a relief to see, as I finally arrived in the lobby of the luxurious Hilton Tokyo in Shinjuku-Ku, a beaming and smiling Renzo Gracie chatting, laughing, and greeting well-wishers the night before his fight at Pride 10 with Kazushi Sakuraba.

Who would have expected this kind of scene just some 24 hours before the bell would ring in the latest showdown in this historic rivalry between the Gracie family and this Japanese pro wrestler-turned-mixed martial artist who had already knocked off Royce and Royler Gracie? Many Brazilian Jiu-Jitsu enthusiasts were predicting that Sakuraba's string of victories would end with this fight with Renzo, and that the Gracie family name would regain some of the luster it had lost in those defeats. Yet here was Renzo in the hotel lobby holding court, with a demeanor more like a man who was about to be married rather than a fighter the night before a main event fight to be held in front of 30,000+ fans and on live pay-per-view television in Japan and Brazil.

I asked Renzo what we could expect. "To be honest, I have not even thought about it yet. I will be waiting until tomorrow when we are leaving the hotel to think about that," Renzo said with an air of supreme confidence. "I believe it is going to be a very good fight. Sakuraba's a very good fighter – very intense. I trained very good for this fight. I'm feeling very strong, and I believe that I'm the sharpest that I have ever been. So I will try to really put the fight forward. So let's see how Sakuraba reacts to that," he said.

This bout was scheduled for two ten-minute rounds, with a five-minute overtime if needed. But unlike Sakuraba's tangles with Renzo's cousins, Royler and Royce, this one would be by standard Pride rules, the same rules for everybody else on the show.

"They asked me if I wanted some special rules," Renzo said, "and I told then that I am like an old duelist. I challenge, so he picks up the weapon. I'll be very comfortable fighting under those rules. The way that he fights and the way that I fight, it's going to be clear who the winner is."

A FACTOR

Sak and Renzo in a classic battle.

When I asked what he was doing the night before the fight to prepare, he replied, "Basically I review the fight in my head a couple of times, but at the same time I never get tense or worried or nervous about fighting tomorrow." Renzo also affirmed that he planned to be aggressive. "I will take the fight (to him). I can't wait to see the guy's reaction. He's a smart fighter. He's a very creative fighter. He's able to shine when he's under pressure. He has a completely unorthodox style. He has new moves and new techniques. But I feel very, very good physically. I'm feeling the strongest I've ever been."

Even though he weighed-in at a light 173 pounds, giving up more than 10 pounds to Sakuraba, Renzo obviously felt very confident and comfortable.

The Fight

The site of Pride 10 was the Seibu Dome, a 35,000 seat stadium just outside Tokyo proper in Tokorozawa, Saitama. The Seibu Lions, a pro baseball team, play there. It is a new structure, just built in 1999, but this day it felt like a furnace. The outside temperature was well into the 90's Fahrenheit, and the place had no air conditioning. A stagnant haze hung over the ring underneath the dome. The searing heat cut right through our flesh and ripped rivers of sweat from our insides. Luckily the dressing rooms were nicely cooled and provided refuge. Renzo stayed in his, along with younger brother Ryan who was making his Pride debut, and his closest family members, friends, and members of his entourage. After four hours and nine fights, and gleefully watching on the monitor Ryan clobber Tokimitsu Ishizawa to win by referee stoppage in just 2:06, it was now the time of truth.

Entering the ring first, Renzo hopped over the top rope, as brother Ryan had done the fight before. He was accompanied by Ryan (still wearing his fighting gloves) and Claudio Coelho, his boxing coach whom he had brought with him from Brazil. Renzo wore a knee pad on his right leg, and just white shorts and gloves. Next came Kazushi Sakuraba. For his fight with Royce, Sakuraba entered the ring with two corner men, all wearing professional wrestling masks. This time there were no such theatrics, as Sakuraba came out with his game face on, wearing orange shorts, a bandage running from his right thigh to calf, and another small bandage on the top of his right ear.

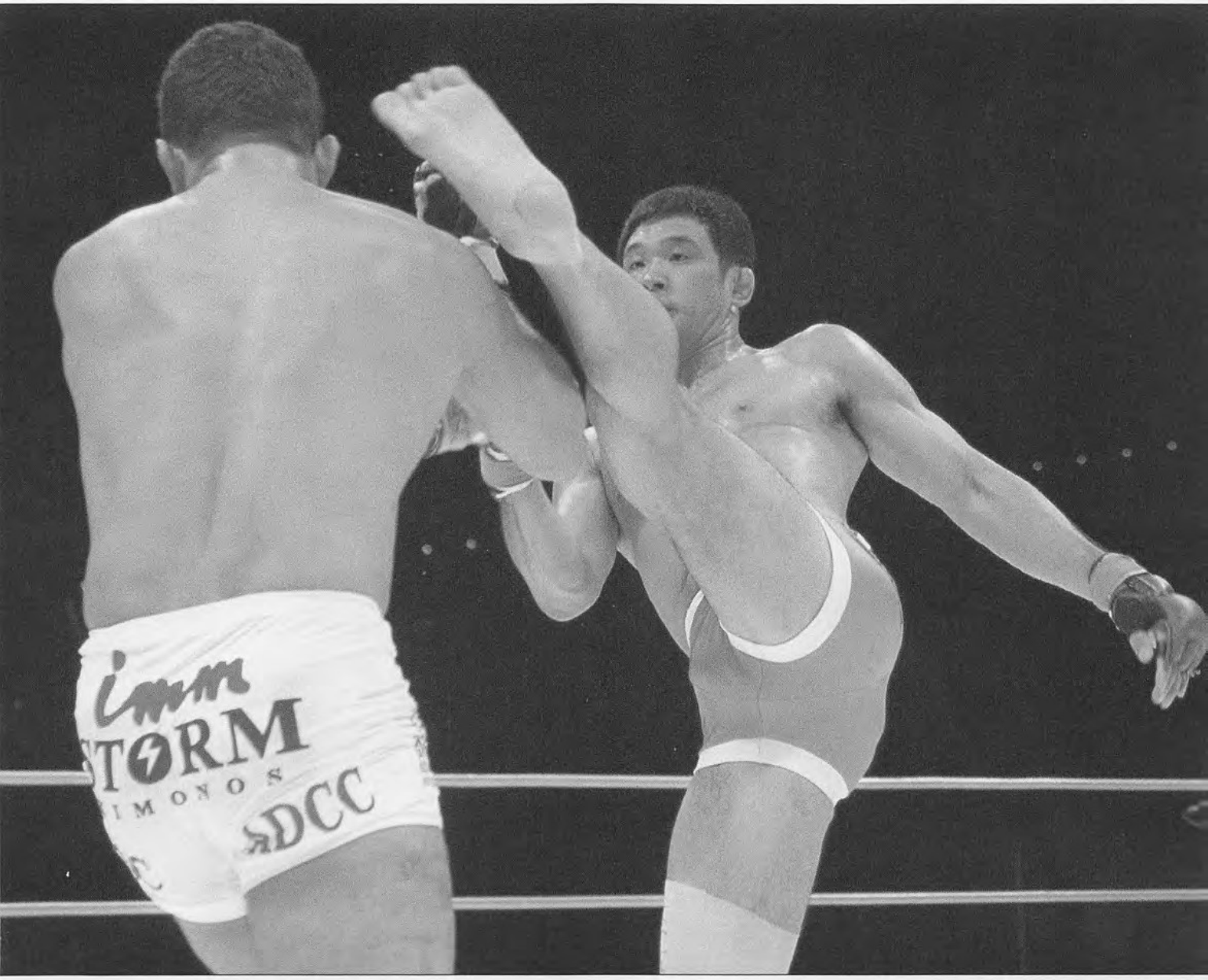
Referee Yuji Shimada gave the final instructions and we all braced for something historic and sensational – war was about to commence.

Round One

As promised, Renzo began by striking first, with a kick. The two traded punches, and Renzo pushed Sakuraba, mainly fighting from a left-handed

stance, into the corner. Renzo next took a big swing at him but missed. giving Sakuraba an opening for a takedown. Renzo got guard immediately in this first ground encounter. Sakuraba seemed to want to keep the fight standing at this point, and after they got up Renzo obliged with a series of low kicks. Renzo wanted to go back to the mat, and did so, but Sakuraba convinced him to stand up with some nicely placed kicks to the legs.

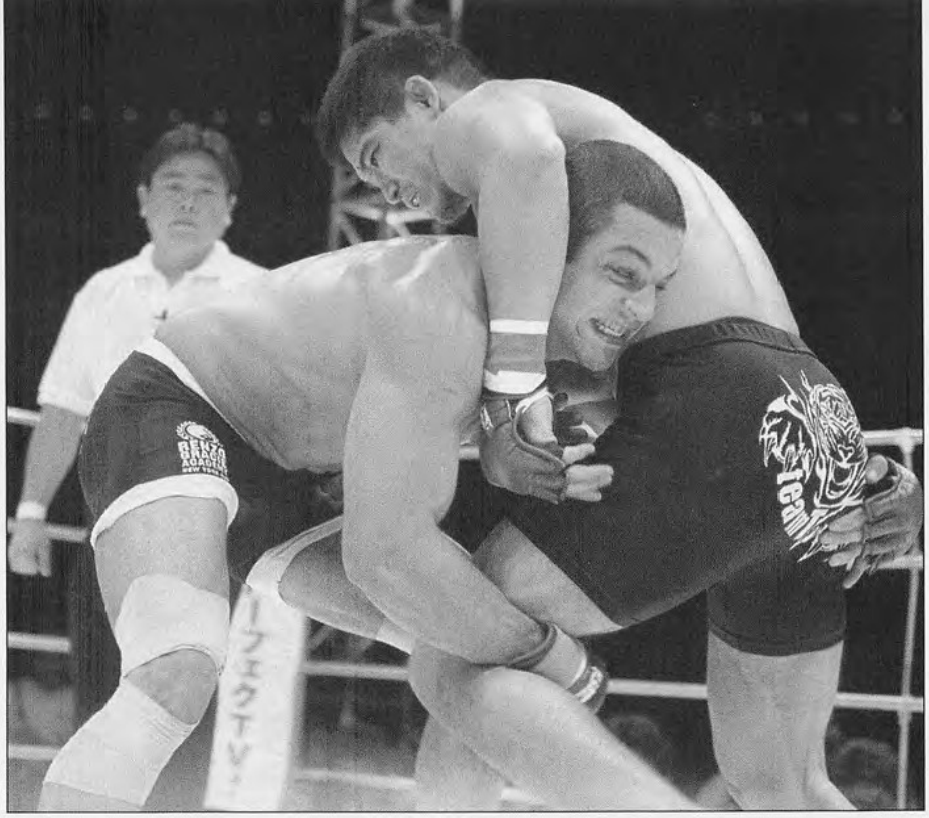
Renzo tried to steal a page from Sakuraba's book by mugging at him, but Sakuraba was not amused and kicked him again. Renzo kicked, Sakuraba punched, and now Renzo tried to shoot in for a takedown, but could not get it. Sakuraba kept kicking and punching, landing more low kicks, leading Renzo to shoot in again, also unsuccessfully. Sakuraba



responded with a missed punch and kick. About now it was announced that five minutes were remaining in round one.

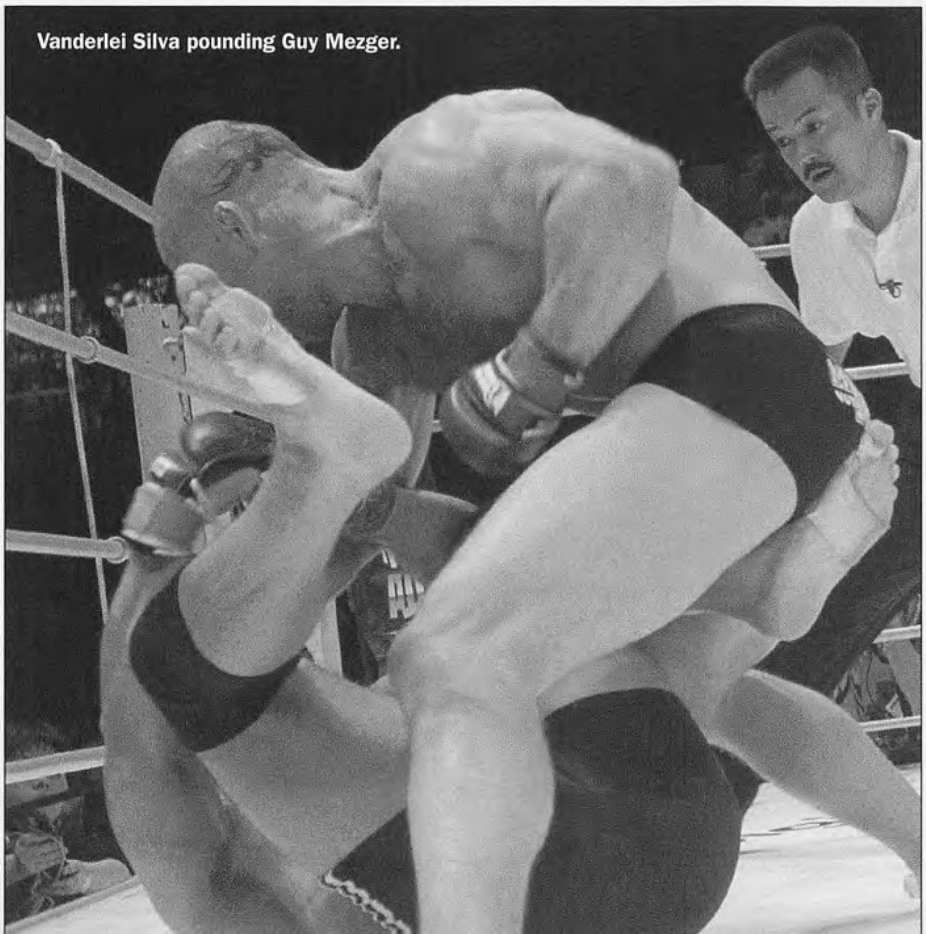
Sakuraba resumed his standing attack, kicking and punching again, but Renzo responded with a nice counterpunch. Renzo missed with a big punch, but pushed Sakuraba to the ropes and held him there. Both men were taking a bit of a breather here after the torrid pace in the opening minutes, but this brief respite was ended as the referee broke them up and demanded "more action."

Sakuraba next landed yet another kick, with Renzo landing another punch. Next Renzo missed a low kick, and then missed a high kick, twirling around. This might have given Sakuraba an opportunity for a takedown, but he chose to keep it standing once again. Renzo punched Sakuraba again. In the last minute,



Ryan Gracie proving he can walk the walk.

Yvel was too much for Big Daddy.



Vanderlei Silva pounding Guy Mezger.

Sakuraba finally seemed to go on the offensive, landing some kicks, but the round was about to be over, a close round many felt Renzo had won by being more aggressive.

Round Two

With Vitor Belfort encouraging him from ringside to "throw the right," the second round began with Renzo punching again. Sakuraba ducked a punch, and Renzo decided to go to the mat himself. Sakuraba stood over him, not willing to play it that way, and kicked Renzo as if to say "no thank you." Renzo rewarded this slight with kicks of his own. Sakuraba then did a full cartwheel over the prone Renzo, but still didn't get on top. Many of the Japanese newspapers put this fancy move on their front pages, but it actually did little to improve Sakuraba's position. Sakuraba landed some more kicks, persuading Renzo it was time to get up to his feet. After

trading some more punches, Sakuraba finally shot for the takedown, and got it, as Renzo again established guard. Sakuraba attempted to pass it, but couldn't. He momentarily stood back up, but then went back down to the mat, again landing in the guard.

At the halfway point of round two, both men remained on the mat a long time, with little offense by either combatant. So Sakuraba stood up once again and kicked Renzo's leg while he stayed on the mat. Sakuraba then took Renzo's leg and twirled him around the mat, as if playing some children's game, but this move also didn't advance his game. Renzo got up, Sakuraba kicked him, and Renzo responded with a nice combination that must have made Claudio Coelho proud.

Now there were only three minutes remaining in regulation, and the tension began to mount as this even fight proceeded. Renzo tried a knee and a punch, Sakuraba came back with a punch of his own, Renzo threw one more punch, and now Sakuraba tried to get back to the mat with a takedown, but he could not get it. Renzo went to the mat again, got out the back door from Sakuraba, and stood behind him at the ropes. They went down again, with Renzo holding Sakuraba in almost what is called a referee's position in wrestling, but in jiu-jitsu and mixed martial arts is a step towards putting in the hooks and establishing a rear naked choke.

Sakuraba, of course, knew this, and executed a nice reversal on Renzo. Sakuraba then went for an armlock out of

Mezger with a kick to Silva's stomach.

Vovchanchin pouncing.

PRIDE 10

August 27, 2000, Seibu Dome, Tokyo, Japan

Vitor Belfort def. **Daijiro Matsui**, 2 Rounds, unanimous decision
Vanderlei Silva def. **Guy Mezger**, 3:40 1R, knockout
Ricco Rodriguez def. **"Giant" Ochiai**, 6:04 1R, neck crank submission
Gilbert Yvel def. **Gary Goodridge**, 0:28 1R, knockout by kick
Mark Kerr def. **Igor Borisov**, 2:06 1R, "can opener" submission
Igor Vovchanchyn def. **Enson Inoue**, end 1R, TKO
Masaaki Satake def. **Murakami Kazunari**, 6:58 1R, referee stoppage after strikes
Kazuyuki Fujita def. **Ken Shamrock**, 6:46 1R, TKO, Ken has Pete Williams throw in towel after running out of gas.

Semi-Main Event

Ryan Gracie def. **Tokimitsu Ishizawa**, 2:06 1R, referee stoppage after strikes

Main Event

Kazushi Sakuraba def. **Renzo Gracie**, 9:43 2R, referee stoppage after Sakuraba gets inverted Kimura armlock and Renzo dislocates arm.

which Renzo tried to spin. With seconds remaining in the second round, as both men tumbled to the mat, Sakuraba held the armlock. But then the action seemed to freeze as Sakuraba spoke to the referee, who examined Renzo, who also seemed to stop fighting. The referee waved his arms, signaling that the fight was over, and that Sakuraba had won.

What had happened was that as Sakuraba had Renzo in the armlock and as they crashed to the mat, Renzo's elbow had popped out of the socket and become dislocated – the fight had to be stopped.

The Aftermath

As the fans celebrated, Renzo took the house microphone. "Many people make excuses when they lose a fight," he told the crowd, "but tonight I have only one: He was better than me. I wish him all the best. And the only gift I can give to him is to say that he is the Japanese version of the Gracie family." When this was translated into Japanese, it elicited widespread applause.

I went backstage and confirmed with referee Yuji Shimada that indeed he had stopped the fight and that Renzo had not tapped. The ringside physician also made the official diagnosis: a dislocated elbow. I also later asked one of the panel of judges, Dieuseul Berto, how the judges were scoring the fight before Renzo's injury. Although he was not judging this particular fight, and himself had Renzo ahead at that point, he said that the three judges had it a draw up until then, and had the last series not taken place, the fight would have gone into overtime.

Next I waited for the doctor to look at Renzo and for things to settle down in his locker room. Finally he waved me in. "The arm was broke, out of place," he confirmed. "It broke on my way down. Dislocated, it came out of the socket." I then asked why he didn't tap. Renzo looked at me like I was nuts and gave a disbelieving laugh. "This is a serious business. I have a kid to look in the eyes at home. Hopefully I will get another chance. Sakuraba said that he would like to fight me again.

We then went into the details of the

Continued on page 107

Shamrock dominated but suddenly withdrew and lost by TKO.

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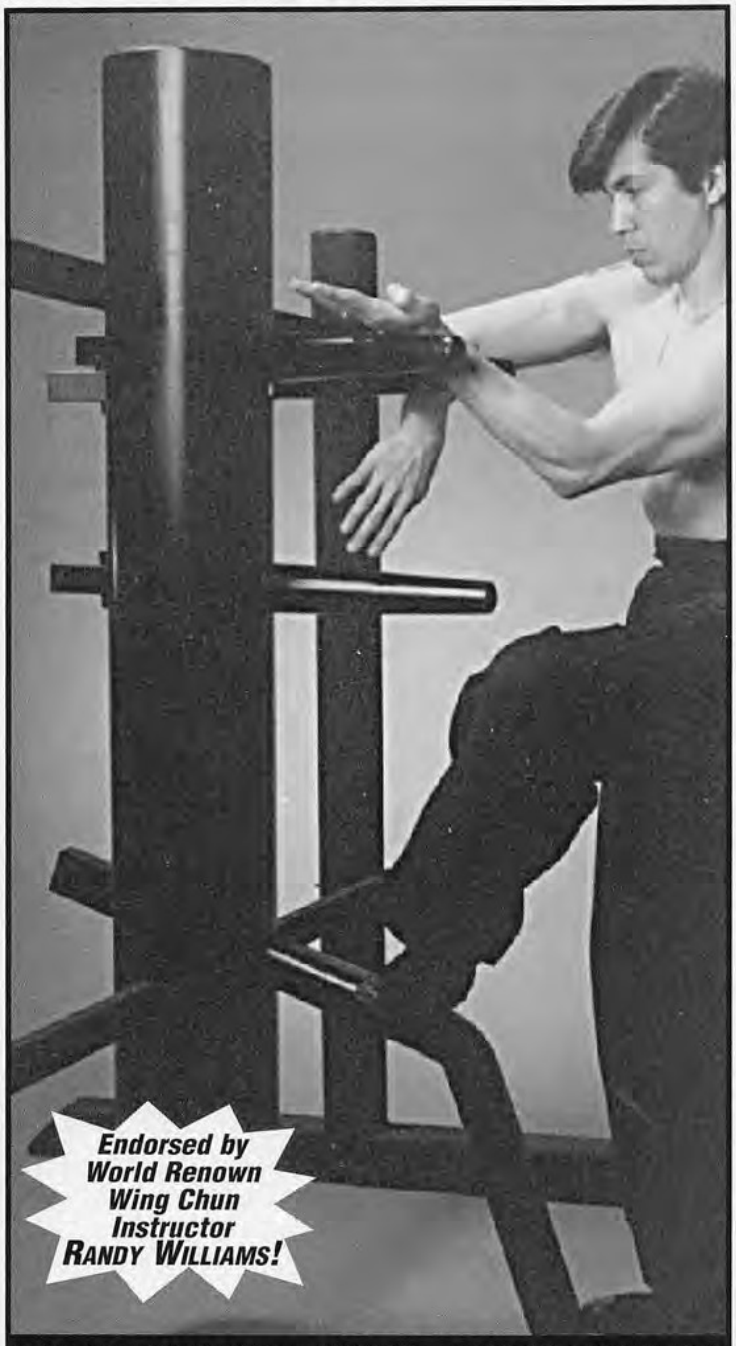

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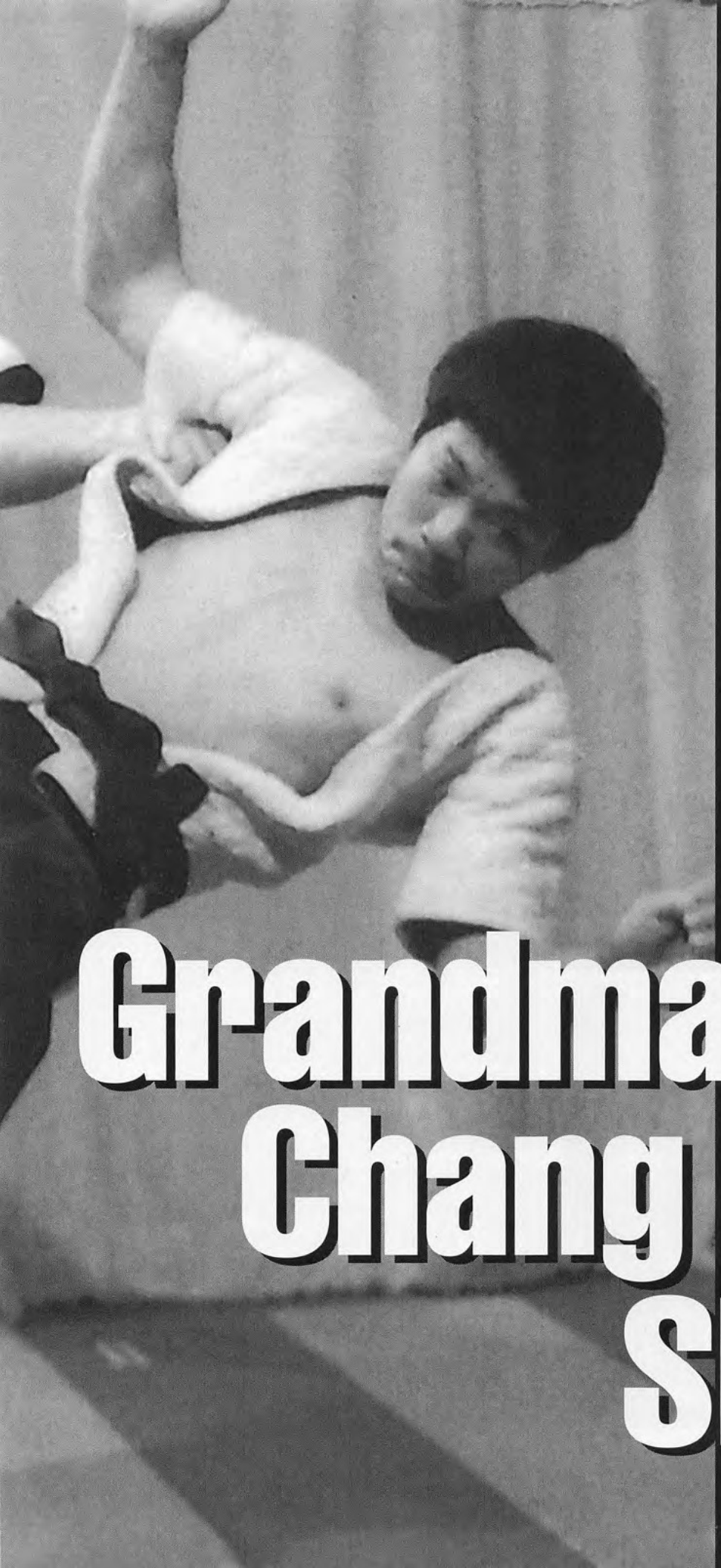
Every style of combat has its heroes; people we draw inspiration from. As a young boy I had many heroes, but Muhammad Ali was one of my biggest. I loved the way he flung his jab in the ring, and how he verbally jabbed his opponents non-stop outside it. His elusive, backpedaling style of fighting frustrated many foes, and the lightning speed of his punches was unmatched.

Ali wasn't much of a student, but that didn't keep him from reciting poetry. His own, that is. Many of his poems predicted the outcome of his fight, others belittled his opponents - but none were more famous than the swaggering, "Float like a butterfly, Sting like a bee."

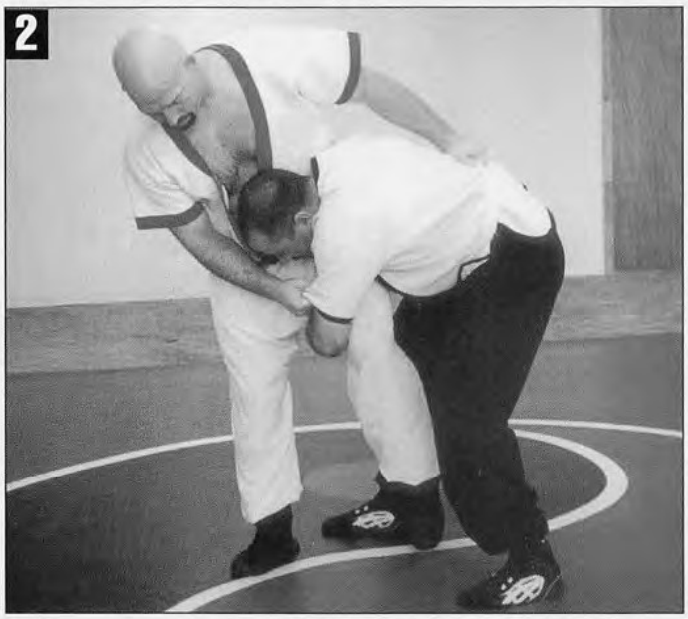


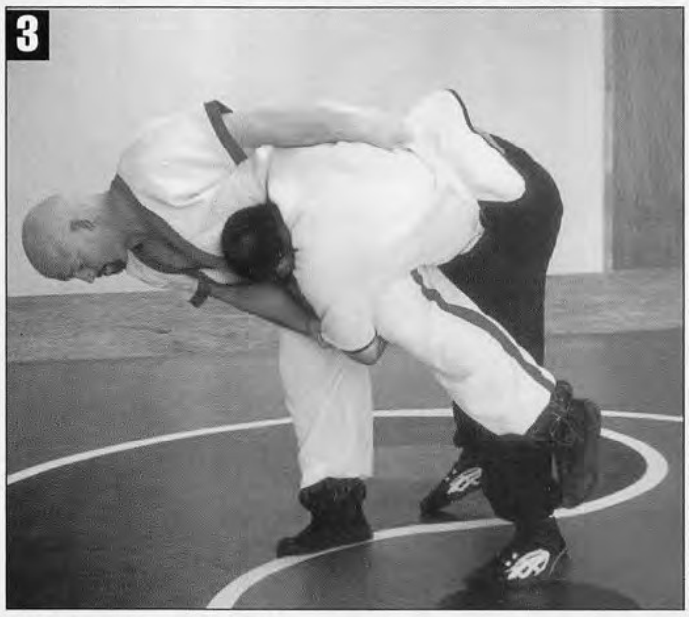
By Matt Furey

Called "The Butterfly That Can Kill," Chang Teng Sheng will go down in history as the greatest fighter that Chinese shuai-chaio wrestling has ever produced.

The Legacy of Shuai-Chiao's King

Grandmaster Chang Teng Sheng





SINGLE LEG COUNTER
To counter a single leg Furey grabs his opponent's belt and executes a leg blocking throw.

A butterfly who stings like a bee. In the world of combat, it's hard to find a fighter described as a butterfly. A monkey, a snake, a crane, a tiger, a dragon? Yes. A butterfly? No. But hold on to your seats folks. In the world of Chinese martial arts, there was a man, known as Chang Teng Sheng, who practiced the ancient kung fu grappling art known as *shuai-chiao*. He was not the butterfly who stung like a bee. He was "the flying butterfly – the butterfly that can kill."

Unlike Ali, who gave himself the name, Grandmaster Chang was given the butterfly label by those who saw him fight, and Chang will undoubtedly go down in history as "the greatest" in his style of combat. This kung fu style is different from what many think of as "grappling." When I first began learning it, I had to put on the beginner's hat again. That's not easy for someone who has more than 25 years of wrestling experience. Most wrestling movements require you to apply force in one direction. All shuai-chiao movements are unique in that you are taught to apply simultaneous force in at least two different directions. This makes learning each move a chess game, but once you have a move down, it feels effortless.

Those who practice shuai-chiao know that no one has ever

Grandmaster Chang's 3 Keys to Fighting Success

1. **Opportunity** – an assessment of your opponent's strong and weak points, and a determination as to which techniques will work on him. Plan a number of moves, the create a strategy of how to use them, just as if playing chess.
2. **Timing** – knowing when to execute your techniques. If the movement is flawless, but the timing is off, the movement won't work and your opponent can counter.
3. **Angle** – be in a proper position so that you have maximum leverage to complete the technique. If the opportunity is present, and the timing is right, but the technique doesn't work, the problem lies with the angle.

demonstrated the effectiveness of its throwing techniques better than Grandmaster Chang Teng Sheng. He began studying at the age of eight. In 1933, he won his first national title. In 1948, at the age of 39, he won his last national title, then retired unbeaten. When he died at the age of 80, he could rest in peace knowing that he was the best his art ever produced.

Any experience I have of Grandmaster Chang has been limited to the teachings of his top student, Dr. Chi Hsu Daniel Weng, who teaches the art to students in Cupertino and San Francisco, California. The footage I have seen of Chang on videotape is mind-boggling. He tosses his opponents through the air like he's flipping pancakes. As they land on the ground, he is still standing. This is the trademark of a perfectly executed throw in shuai-chiao. Instead of going to the ground with an opponent, your goal is to throw him hard enough that he won't be able to get up.

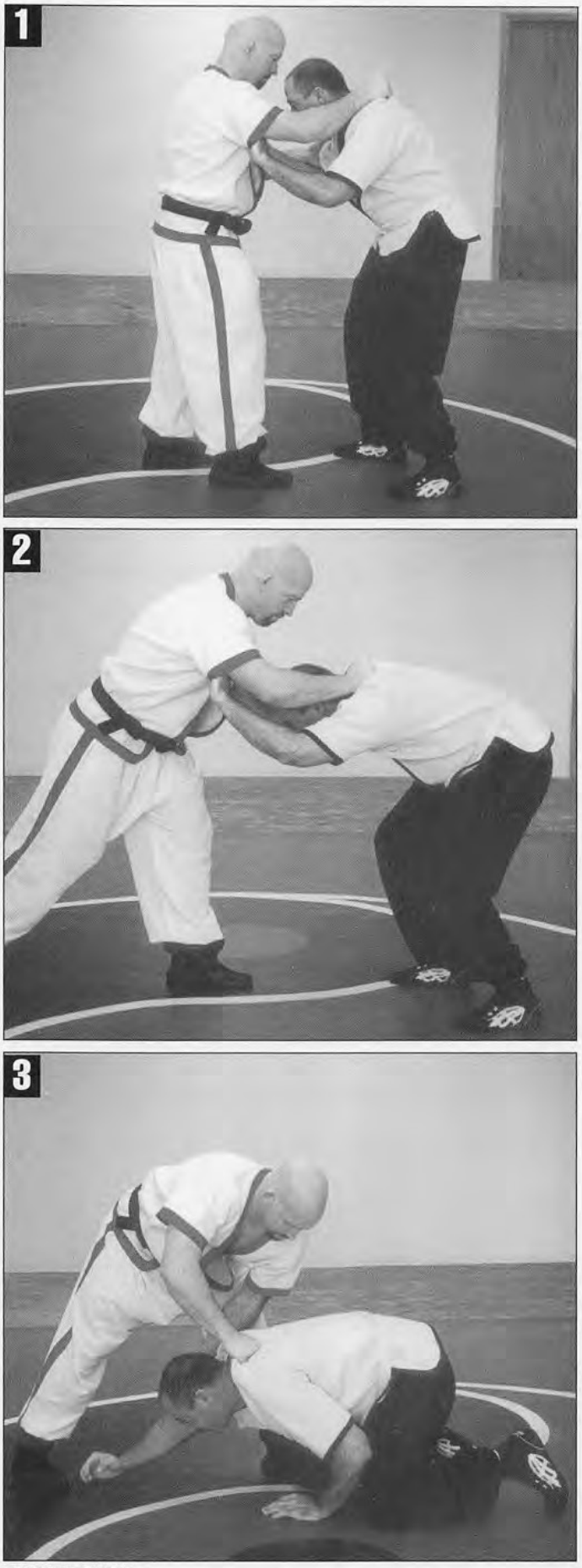
An example of this is evident in the following story. When Chang was nearly 70 years old, King Hussein of Morocco invited him to give a demonstration of his martial art. During the demonstration he was unexpectedly attacked by a fourth-degree black belt in another martial art. Chang quickly backstepped, pivoted to his opponent's rear, then nailed him with a strike and throw that catapulted him through the air, knocking him unconscious.

Of greatest importance to those who are striving to become wrestling champions, is Grandmaster Chang's unyielding dedication. From an early age, young Chang's desire to succeed was so great that he sought the counsel of any shuai-chiao master who possessed a technique he didn't know. On one occasion he worked in the bellows of a blacksmith shop for more than a year, silently doing his job, hoping that the proprietor, who was a shuai-chiao master, would teach him his techniques. Chang's hard work eventually paid off and the master taught him.

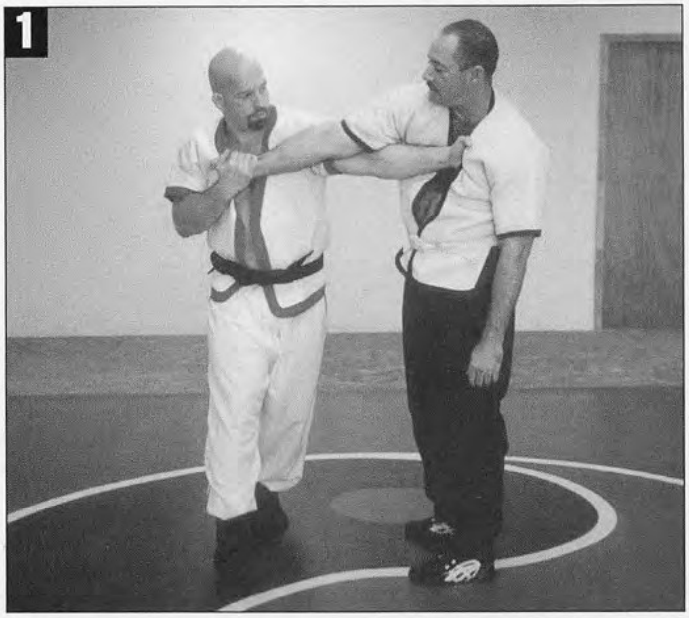
World-renowned kung fu master, Adam Hsu, who rarely has anything positive to say about any martial artist, had nothing but respect for Grandmaster Chang. In an article entitled *King of Shuai-Chiao*, Hsu told about the four different levels a martial artist must go through to become an expert. No matter what form of combat we are talking about, you can see that the levels are the same.

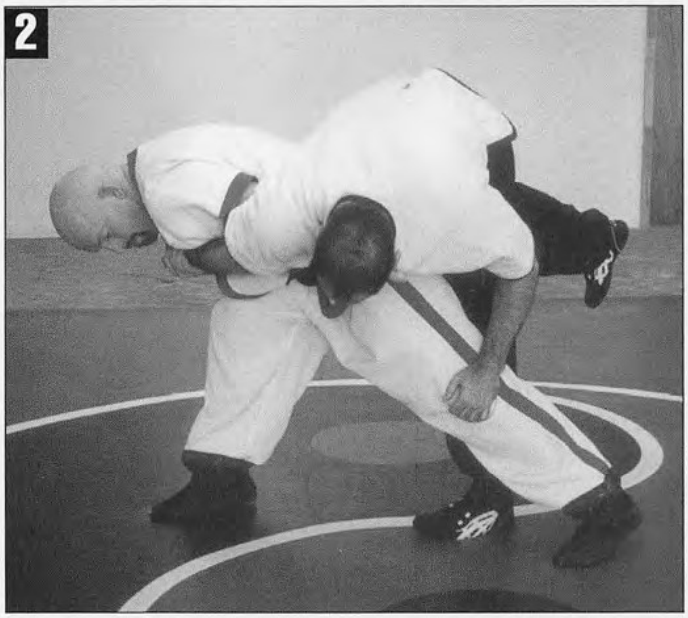
Adam's Hsu's 4 Levels of Skill Required for Mastery

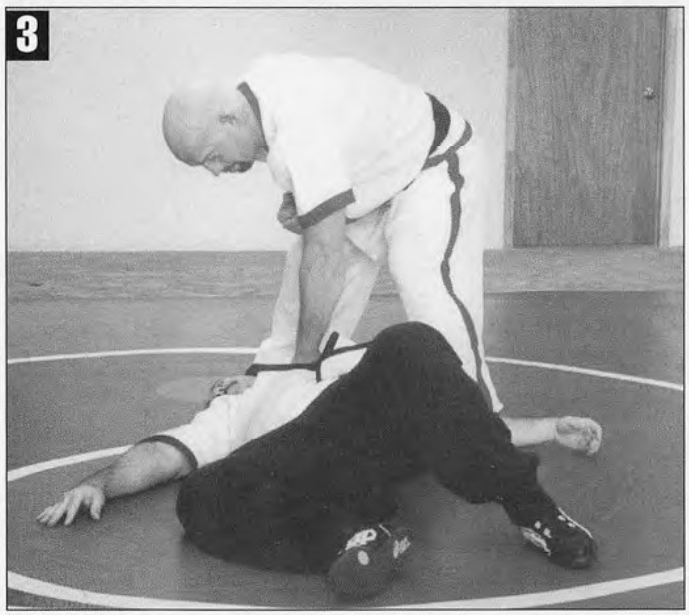
1. **Tan**, or courage – a brave, frearless spirit.
2. **Li**, or power – strength in muscles, tendons, and sinews.
3. **Kung fu**, or hard work – the dedication and perseverance necessary to learn.
4. **Yi**, or art – using all techniques effectively and effortlessly.



SNAP DOWN
Furey grabs the top of his opponent's jacket. When he gets his opponent leaning too far forward, he pulls his right leg back to make room, then snaps him to the ground.

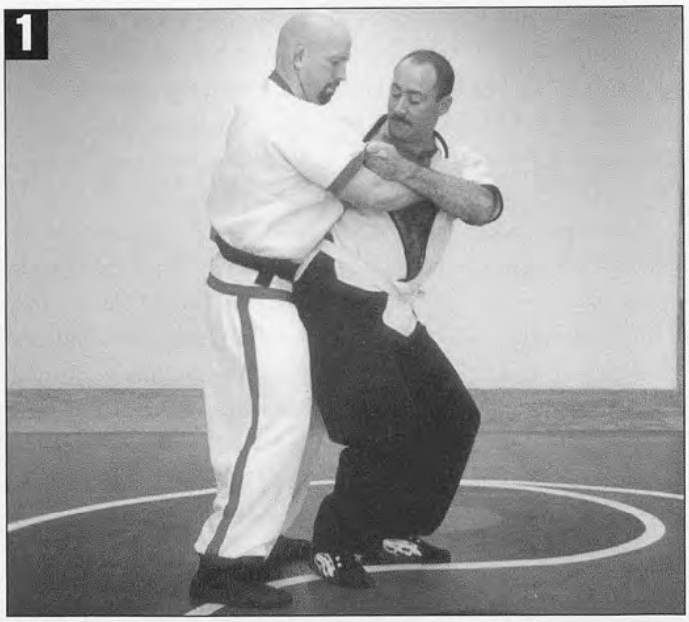


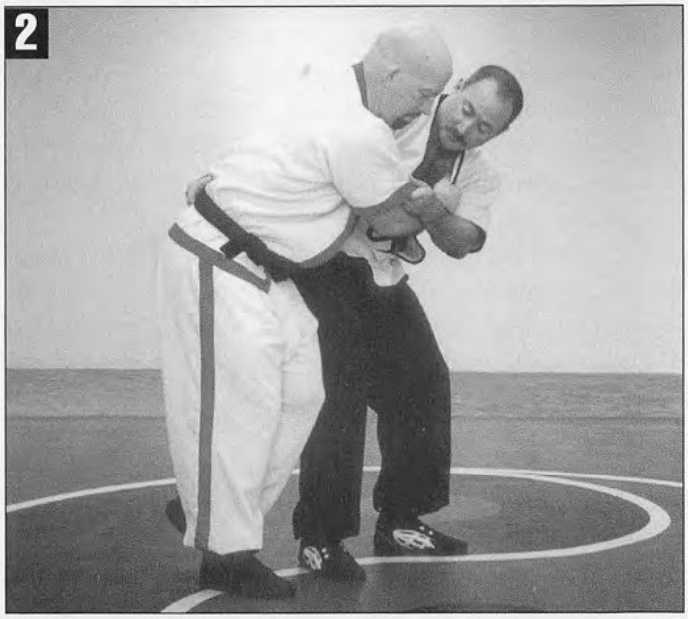


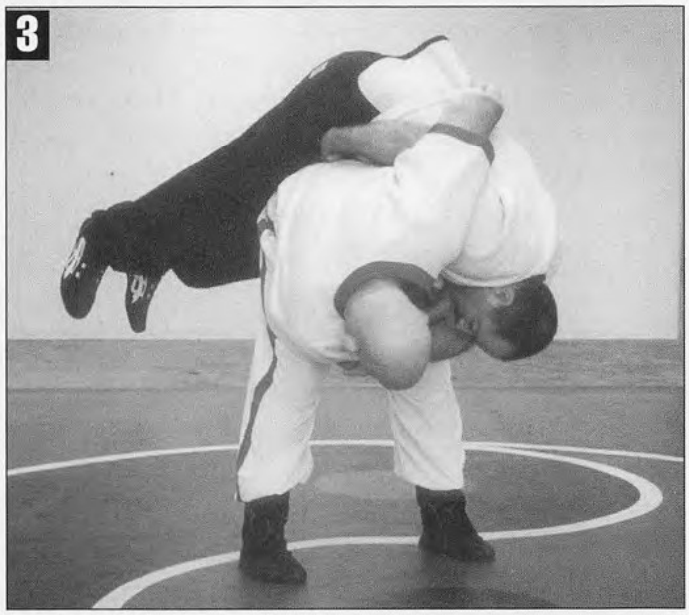


CRACKING

To counter a lapel grab, Furey crosses his arm beneath his opponent's arm, locking the elbow. From this position he steps in with his left leg and throws.







COUNTER TO HIP THROW

To counter a hip throw Furey pivots his hips and steps inside, executing the same throw his opponent tried.

He tosses his opponents through the air like he's flipping pancakes. As they land on the ground, he is still standing. This is the trademark of a perfectly executed throw in shuai-chiao.

According to Hsu, "The first level is *tan* (courage) a brave, fearless, spirit; second, *li* (power), which refers to the development of strength in muscles, tendons and sinews. The third is *kung fu* (hard work) which means the dedication and perseverance necessary to learn. And finally there is *yi* (art), the highest expression of the very highest level, in which all techniques can be used effectively and effortlessly, demonstrating complete mastery of a style." Hsu further stated that Grandmaster Chang's mastery of shuai-chiao was so complete that his opponents were unable to find a weakness in his style. And because he could use any technique he wanted, and readily adapted to any fighting situation, his opponents literally lost the bout before it began. After more than 70 years of training in shuai-chiao as well as other kung fu styles, Grandmaster Chang was asked to distill the secrets of his success. He narrowed his answer down to three basic principles. Take a close look at these principles, then ask yourself if they apply to your situation. I'll bet they do.

The first principle is opportunity, which involves an assessment of your opponent's strong and weak points, and a determination as to what techniques will work on him. Chang believed in planning a number of moves, then creating a strategy on how to use them, just as if he was playing chess. The second principle, timing, involves knowing when to execute your techniques. If the movement is flawless, but the timing is off, the move won't work and your opponent can effectively counter. The third principle, angle, involves being in proper position so that you have maximum leverage to complete the technique. If the opportunity is present and the timing is right, but the technique still doesn't work, the problem lies with your angle. Correct the angle and the move will work much better.

Grandmaster Chang left a great legacy behind, in deeds as well as words. Shuai-chiao is a great art in and of itself, and using its tactics will prove useful for any grappler who trains with or without a gi or jacket.

Matt Furey is a national collegiate wrestling champion, world kung fu champion and student of Karl Gotch. He is the author of Combat Conditioning: Functional Exercises for Fitness and Combat Sports. *To order this book for $29.95 plus $5 S&H, call 813-994-8267 or visit Matt on the Web at* www.combat-wrestling.com.

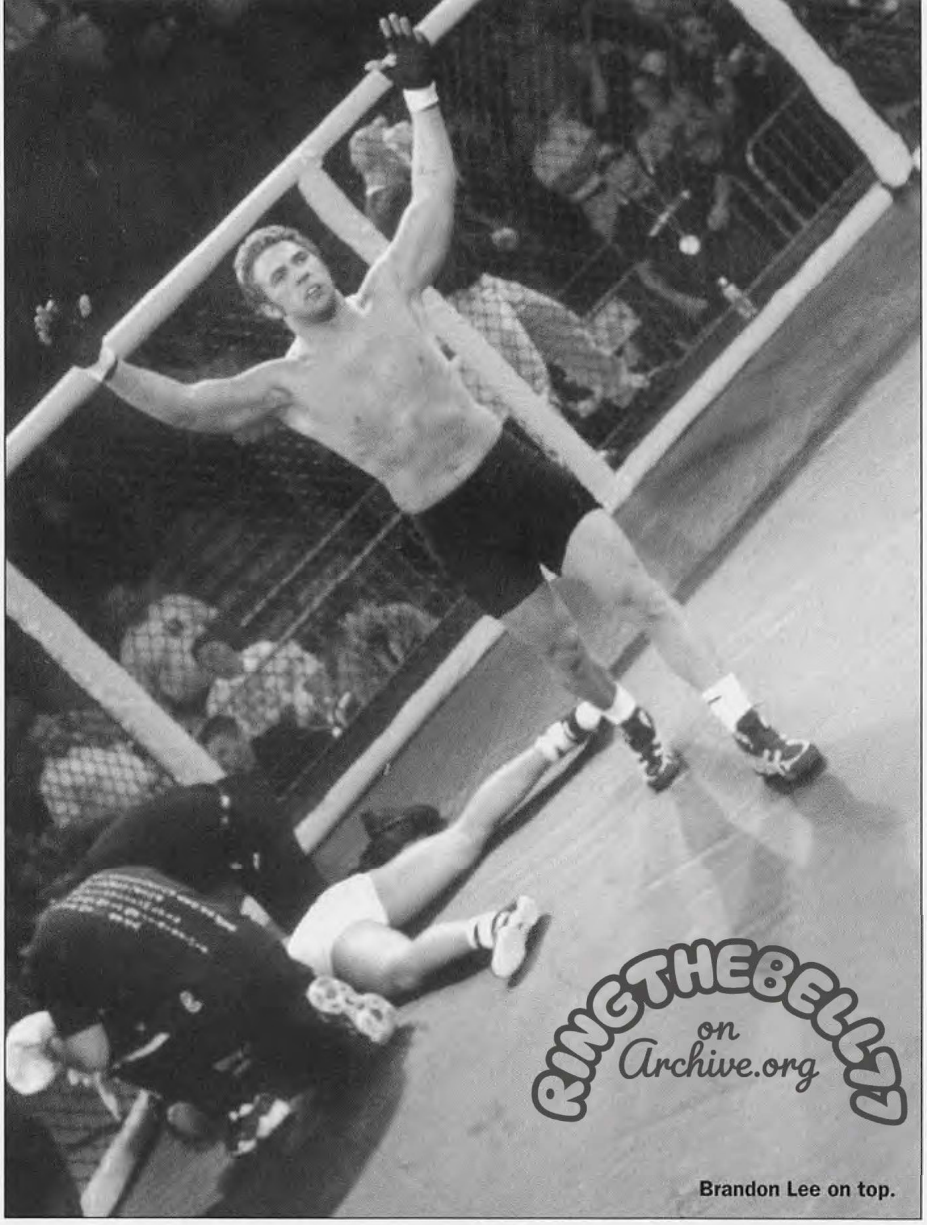
Story and Photos by Bill Curry

World Extreme Fighting From the Best Seat In the House!

Roberts Stadium, Evansville, Indiana — Those of us who have participated in and been around the martial arts for years have watched NHB's explosive development from Royce Gracie's early, seemingly magical domination through Brazilian jiu-jitsu, to the hybrid cross-training practiced by the complete fighters of today. One can only be in awe of the caliber of the athlete-warriors now competing in NHB events such as Jamie Levine's World Extreme Fighting promotion.

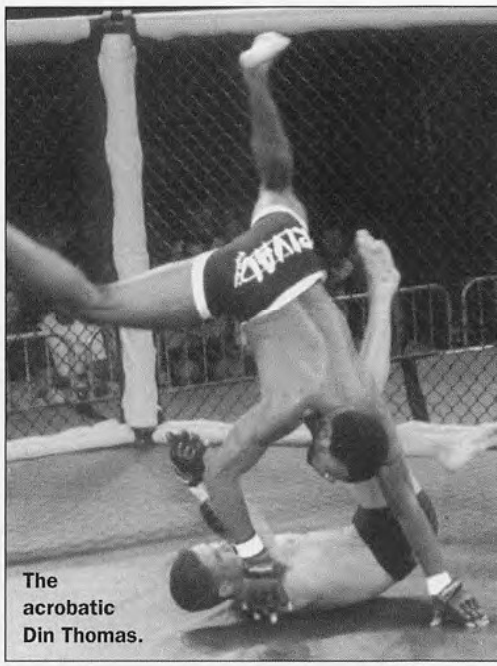
WEF 9 World Class

Scott Henze was evenly matched with Charlie Anderson.

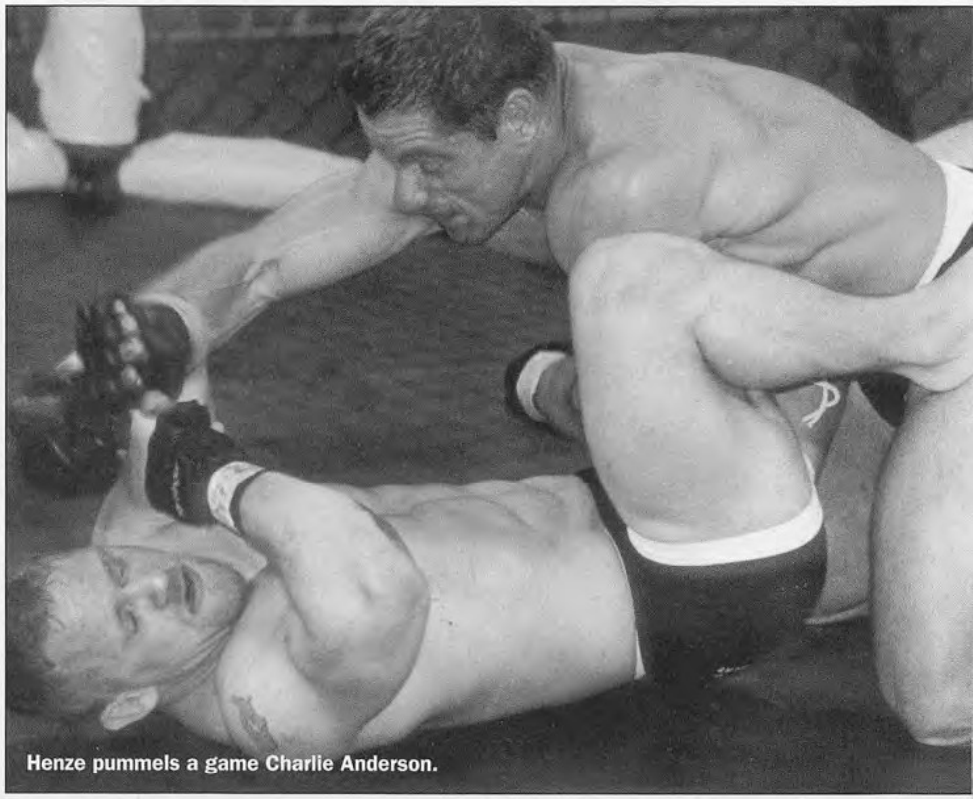


Brandon Lee on top.

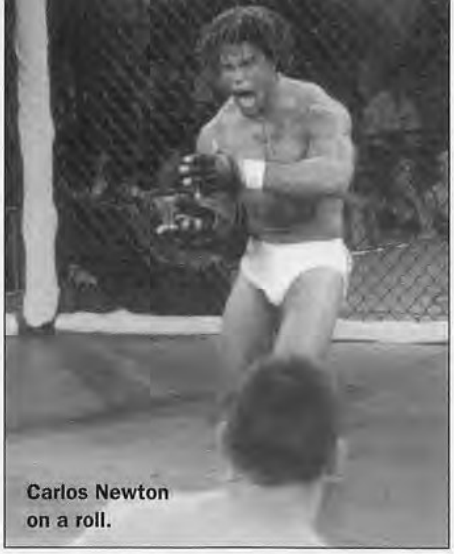
Standing as close as two feet from the action Saturday night, I realized the isolation these men must feel inside the cage. Behind the camera, looking through the lens, I could see the focused intensity of every second – the epic struggle to overcome the man in front of them. I was impressed with the extreme silence of all-out combat, and the utter calm and determination of the combatants. No words were spoken, only the loud breathing and the thunderous blows and kicks that is the skill of trained martial


The acrobatic Din Thomas.

The pre-fight interviews for the telecast disproved what many of mixed martial arts' detractors say about the athletes and the sport. Namely that it is a blood sport, and that the athletes are barbarians with no skills. I watched as man after man gave an articulate interview expressing great knowledge, humor, intense competitive spirit and a deep abiding respect for his opponent. Rarely in any sport does one see, across the board, such superbly conditioned, highly skilled professional athletes so grossly underpaid and underexposed. Yet, to a man, the fighters at the WEF event were there because they are very good at what they do, they love the fledgling sport because of the challenge it imposes, and because they are determined that they will eventually make this a world class sport for the masses. They already know it to be so.


Henze pummels a game Charlie Anderson.

artists going about their work. The raucous (and sometimes disrespectful) crowd, the ever-bantering corner men, the motor drive click of my camera, the TV cameras, the running commentary of the announcers were outside of the fighters' experience, isolated by their concentration inside the cage. I have attended many pit fights, UFCs, extreme combat, vale tudos, and the Abu Dhabi 2000 tournament, and have watched many more on television – yet this was the first time I realized what absolute courage and commitment it took on the part of these men to walk their talk.


Carlos Newton on a roll.

Preliminary Fights

I was astounded in the second preliminary as Charlie Anderson and Scott Henze, closely matched both physically and skillfully, performed what looked like a classic Leonard-Hearns bout. The superb ground work, the intensity of their blows and kicks, and the back and forth flow of the fight set the tone for the rest of the evening. Anderson won by close decision over Henze "and the crowd went wild."

Bob Hoffman narrowly beats Kerry Schall.

I watched Don Banville butt-scooting on the ground, trying to get away from Din Thomas' very accurate muay Thai thigh kicks. Banville got struck time after time. After a spectacular cartwheel by Thomas, and numerous vicious kicks to various parts of his opponents body, Thomas' hands were raised in victory. He immediately went over to the limping and hurt Banville and lifted him into his arms and carried him out of the ring, down the entrance ramp and back to the locker room. Such exceptional sportsmanship in an age of accepted selfish behavior in mainstream sports is rarely, if ever, exhibited. But here it was in the so-called "bloodsport" of mixed martial arts.

When affable Eric Hibbler was knocked out cold by Jens Pulver during a thunderous exchange I felt the event notch up another peg. The crowd was electrified and the all-out war between the two men left no doubt that this was reality fighting. After Eric was revived he got to his feet smiling, walked over to Pulver, joked with him, and gave him a hug. Both were cheered by the crowd as they walked out together.

Brandon Lee Hinkle vs Yamamato

Brandon Lee Hinkle, looking like a young Elvis with his plentiful hair and baby-faced good looks, took the Obake school and Tim Catalfo's style to new heights, against Yamamato. He absolutely brought it to Yamamato with some of the hardest blows delivered from the guard I have ever seen. He used the fence to place Yamamato in horrendous positions, and then used his tremendous base to annihilate his opponent. Hinkle almost put him to sleep with his choke. This was one of the most dominating fights of the night and showed why Hinkle is ready for anyone in the world in his weight division and ready to take on many of the bigger "bad boys" inside the cage. Hinkle is a gracious man and a hard working, deserving champion.

Bob Hoffman vs. Kerry Schall

Big toe-stompin' Bob Hoffman stepped in with Meat Truck Inc. chairman of the board Kerry Schall. The fight looked and felt like a Friday night heavyweight undercard boxing match on the Fox network. Clinch after clinch, rabbit punches, a few takedowns after endless minutes of cage holding made for a neutralized, lackluster fight. Bob eeked out a win in OT. Both were exhausted

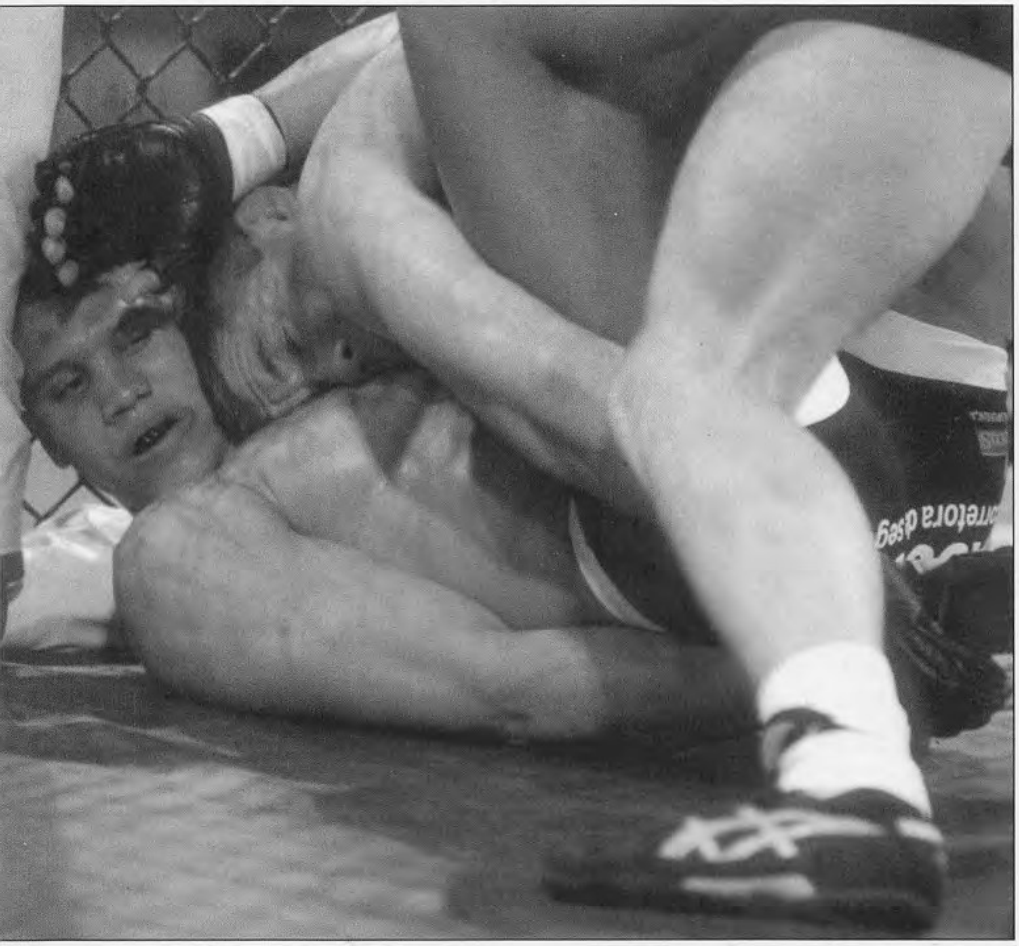
Pele with a rare loss to Dave Menne.

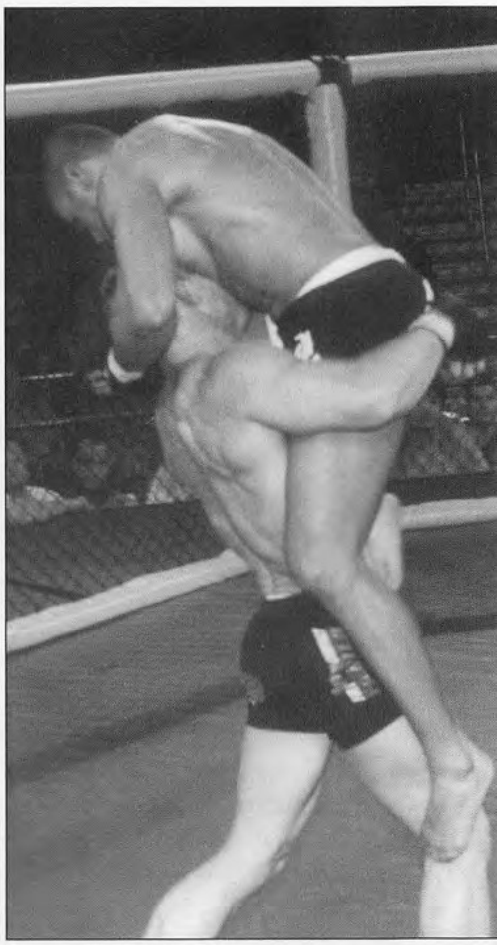
but still able to shake hands after the match. Surprisingly, Hoffman had enough energy left in reserve to come running back into the ring during Mark Kerr's signing with the WEF, trying to steal Mark's moment. If Bob does get a chance to fight Kerr he will not have the chance for such showboating.

Carlos Newton vs Captain Carl Schmit

Carlos Newton's fight with Marine recon extraction expert Captain Carl Schmit was a lesson in pure technique for the Captain. Both were exceptionally

From start to finish Matt Hughes was dominating.





calm and relaxed. Staring eye to eye during the announcements, they looked like they could have slept standing up. At the bell Newton exploded across the ring, circled once, charged in and down they went. It was evident Carlos was in total control as he put Schmit inside his guard. Instead of cooking him slow, he burned him to a crisp with a sunk-in armbar at 1:12 into the bout. Newton jumped up and performed a standing back flip. His quick victory was a testament to his super natural genetics and good old fashioned Brazilian jiu-jitsu. When I asked who he trained with he smiled and said, "Sometimes generic is better than to name brand." His answer like his victory, was to the point. Having come back from an assault and stabbing in Canada just a few months ago to fight at this level of competition showed Carlos is a world champ in the making.

Conan being hammered by the Beast.

Pele Landi vs. David Menne

This was a show by itself. I had seen Pele on tape but never in person. I had seen his head-humping, kiss-throwing disdain for his opponents. That said, this guy, in my opinion, is the most charismatic fighter in the world today. He is an all-around complete fighter, superbly conditioned with exceptional standup skills as well as a dominant ground game. Unfortunately for him he met a guy this night with more heart and determination as well as his own arsenal of dangerous skills. In the first round Dave had Pele in what seemed like a four-minute leg bar and ankle lock/toe-hold combination, which he held onto like a cherished only child. He couldn't lock it in close enough to his body due to Pele's superb defense. The second round saw Pele beat Dave to the punch and kick, and throw a dynamic spinning back kick that missed Dave by an inch. I thought Pele won that round, but in round three he didn't step up to defend his championship belt. He stalled, showboated, smiled, talked and literally got up and walked away from ground confrontation. The fight that had been supercharged now belonged to Dave through Pele's inactivity. Dave won a very close call, and even though he took a beating, he won the day with his tenacity and relentless pressing of the attack. Pele refused to shake Menne's hand and turned his back when Dave went to hug him, which is in keeping with his reputation as a sore looser and winner. Too bad for Pele, good on Dave, as they say Down Under.

Gary Myers vs. Rich Franklin

Gary Myers and Rich Franklin from Meat Truck Inc. pitted the local wrestling favorite against a complete well-trained tough guy. Gary sprinted into the ring so fast that I didn't have time to take an entry photo. He crouched down like an NFL cornerback ready to behead Jerry Rice off the line of scrimmage. As referee Kipp Kollar gave the signal to fight, Myers exploded across the cage, and I expected a big-time body slam. Instead we got a stand-up fence-holding match. Myers just didn't have the leg strength for his typical takedowns. I was present when Dr. John Keating, board certified orthopedic surgeon, gave Gary his pre-fight physical. Gary had a pulled thigh muscle which made it impossible for him to push off to any degree, yet being the professional he is, he stepped up for his fans and for the sport. Franklin looking skilled and tough throughout the match, finally connecting with the most perfectly timed roundhouse to the head since Maurice Smith's KO of Conan. Both men had

The Beast bares his teeth.

showed up to do battle and had given their all.

Matt Hughes vs. Alexandre Barros

I watched Matt Hughes in Abu Dhabi 2000 compete two weight classes up from his normal competitive weight and actually thrash much bigger men. This evening he was so ferocious and unrelenting in his pummeling of the Brazilian lute livre fighter Alexandre Barros that he looked like a man bent on avenging teacher Pat Militech's loss to Pele on the previous WEF show. Obviously, Pat's exceptional skills have been incorporated by Hughes. His constant positioning of Barros up against the cage and his complete butt-kicking of the Brazilian were only surpassed by his trademark over the head body slam of Barros in round three. In his pre-fight interview, Matt stated that he keeps Pele's picture above his mirror in the bathroom and looks at it to remind himself to train harder so he'll be ready when the time comes to step in with Pele. Matt, you are ready! Is Pele? I hope it happens sooner than later.

Severn's power was too much.

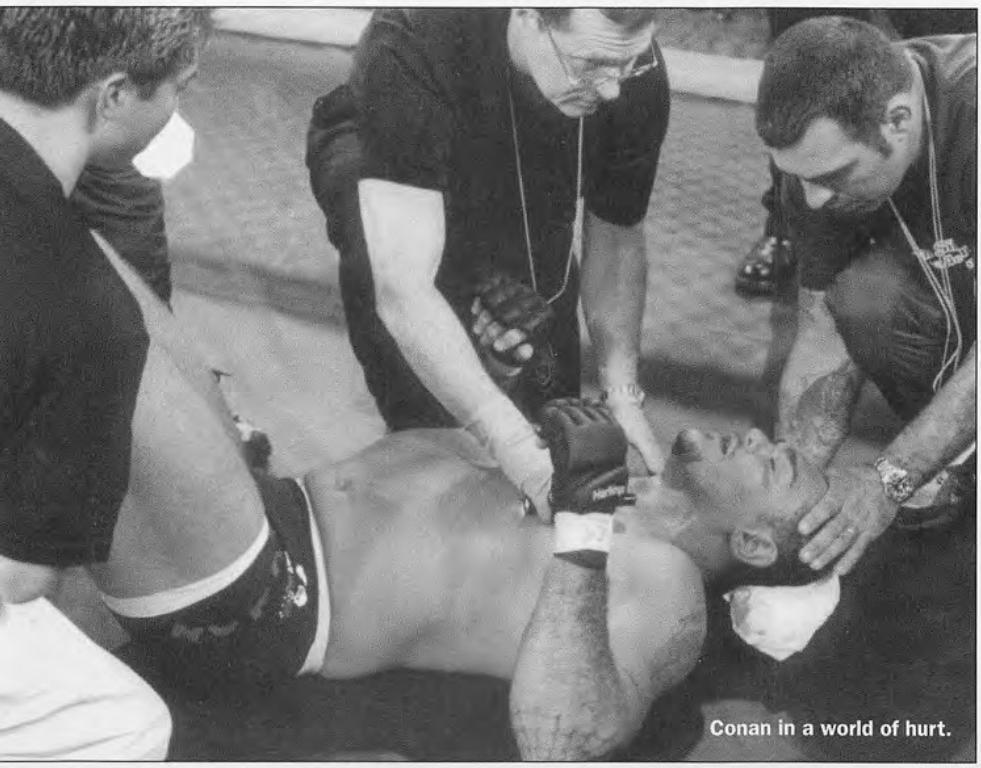
The Beast vs. Conan

By the time of the main event the Dan "The Beast" Severn versus Marcus "Conan" Silveria, the crowd was nearly exhausted from too many adrenaline rushes, but then an ear-shattering explosion of WWF-style pyrotechnics and swelling music jolted us out of our sugar low. The heroic battles of the last two hours had been all but forgotten. Out stepped Dan Severn, "The Beast", the man's man, the every man, the natural man. With his old-fashioned looking wrestling trunks, his Tom Selleck mustache, and his always ready smile, he looked like the poster boy for fireman of the year from a bygone era. He was more fit than I had seen him in any other fight. A momentous feat, considering he's 42 years of age. He basked in the "beastly" adoration of the crowd and waited with an enigmatic smile for the biggest of the Brazilians, Marcus "Conan" Silveria. Through the voluminous white smoke came the black skull capped, gi wearin', black belt achievin', tatoo covered, Maurice Smith beatin' Conan. He took off his robe and stood without twitching a muscle in his corner. He looked not the least fearful of Severn, but more as if he was now truly about to face himself in his ultimate test to date. Dan walked back and forth, slapping his arms and legs as if in doing so he'd increase the blood flow to his massive extremities before he went for an ice water plunge or marathon swim.

It began as many a hardcore fan had expected, with the Beast going for Conan's legs. This was met, however, by a quick guillotine from Silveria. To the delight and surprise of the crowd, Dan escaped and came right back going for the leg again. This time I believed that it was going to be an absolute choke-out for Conan as he sunk in a deep front choke. I have trained with Marcus and can tell you that when I was in this same position with him I barely had time to tap before I passed out. Dan miraculously held on for a submission eternity, broke free, and got Conan's back! From there he manhandled him, got side position, and let loose a flurry of elbows and knees. He mounted Conan and tapped him out at 4:46 of the first round with a hybrid elbow strike/choke combination.

Dan exploded up like a repressed volcano howling at the heavens. Silveria laid on his back, gassed and thrashed. Dan screamed like a man possessed, finally exorcised of the Royce Gracie triangle choke demon. We saw his absolute elation, relief and elation. What a guy, what a competitor, what a fight. What an athlete. Dan then went to check on Marcus. He got up off the mat and congratulated Dan in a truly heartfelt way. Two great warriors had embraced their fears this evening. A dynamic finish to a great night of MMA competition.

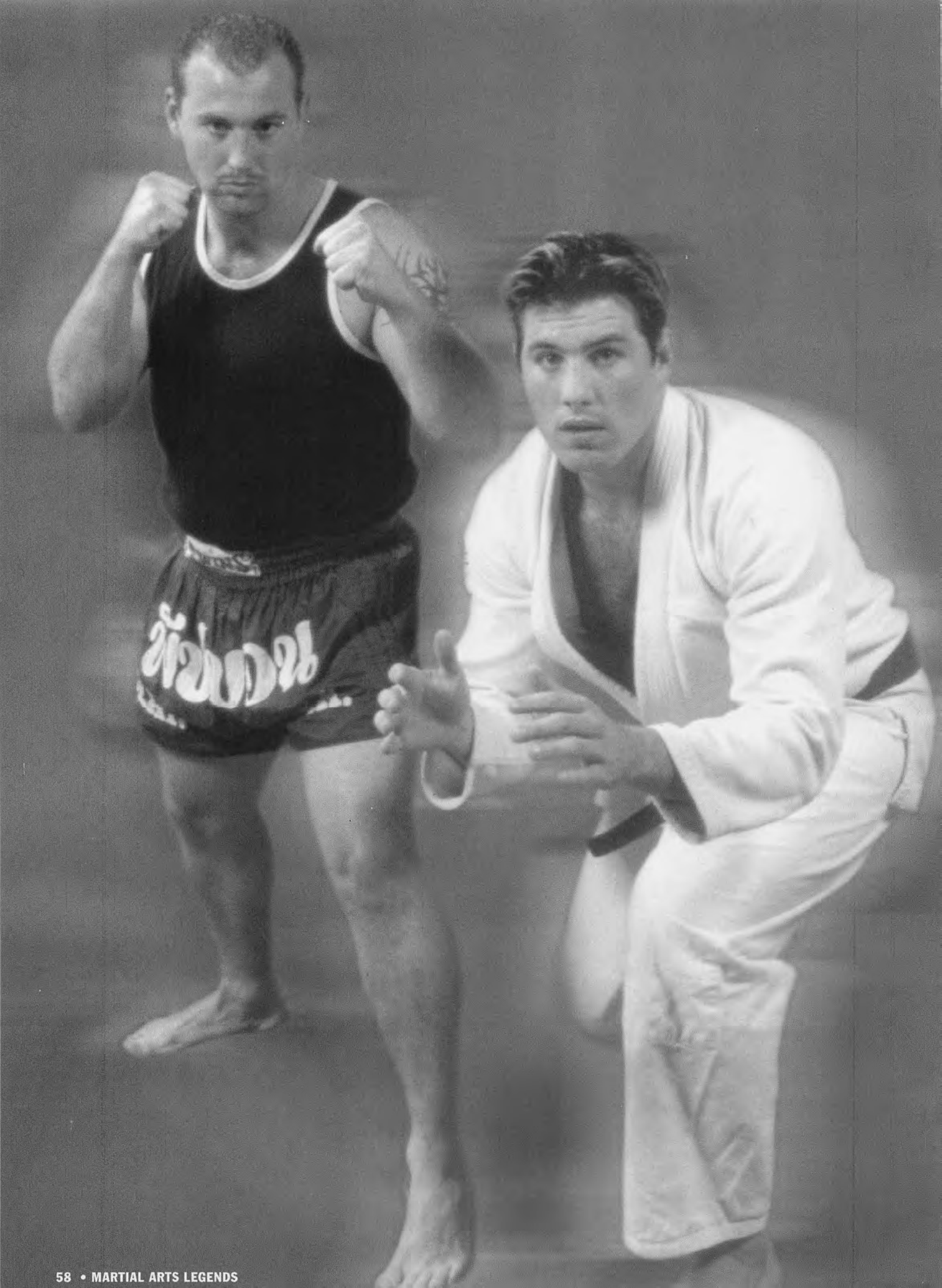
Severn — still scary after all these years.



Conan in a world of hurt.

Jamie Levine

The WEF production was world class. From the on-camera commentary to the ring announcer, to the intimate venue, to the large spacious cage, to the production crew, and the WWF style pyrotechnics, and of course the outstanding matches, the show was a great success. Jamie Levine is a class act. Looking like a GQ cover boy while juggling bottled water, ring girl outfits, TV crews, hotel and flight reservations, per diems, and a plethora of last minute boondoggles, he pulled off a high end production that will set a standard for all future big time NHB shows. With Mark Kerr signed on, Mark Coleman, Kevin Randleman, and Pat Miletich in attendance and waiting in the wings to fight for WEF, this show will be in the spotlight for a long time to come.



Double Trouble

The Fighting McCully Brothers

Story and photos by Todd Hester

Brothers Sean and Justin McCully are martial artists and gym owners who are known in Europe and Japan for their all-around fighting and wrestling ability – all they ask for in their home country of America is a little R-E-S-P-E-C-T.

With a father involved in law enforcement his whole life, who was always working out in boxing and wrestling, it seemed natural that sons Justin and Sean would follow in his footsteps as fighters – and that's just what happened.

"Our dad was always cross-training in everything," Justin says. "You name it, he did it – lifting weight, swimming boxing, judo, kickboxing, or whatever – he was a Secret Service agent, police officer, and worked for the Strike Force in Los Angeles. So he always felt that being in shape and training in martial arts was a way to protect himself."

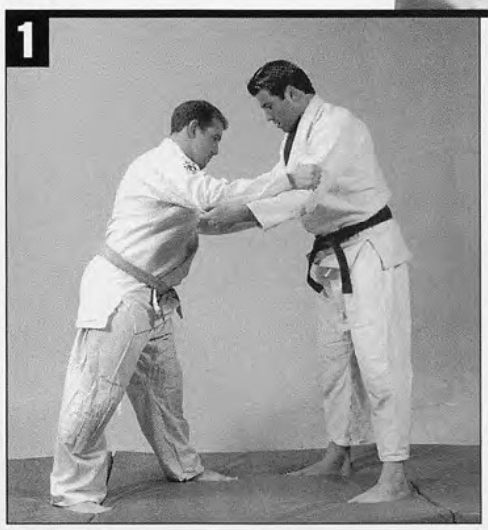
"We always had a heavy bag or a speed bag up," older brother Sean recalls. "And as young as the ages of 4 and 7, he'd throw the gloves on us and let us duke it out whenever we had an argument."

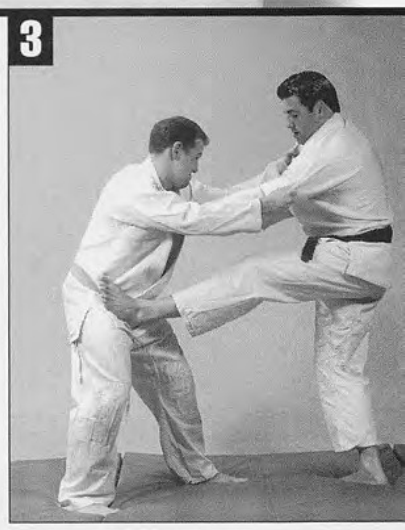
"So we took it a step further," Justin adds. "I even remember us putting on having impromptu boxing matches and boxing with the neighborhood kids. For us, it was just natural because it was something that we'd always seen our father do."

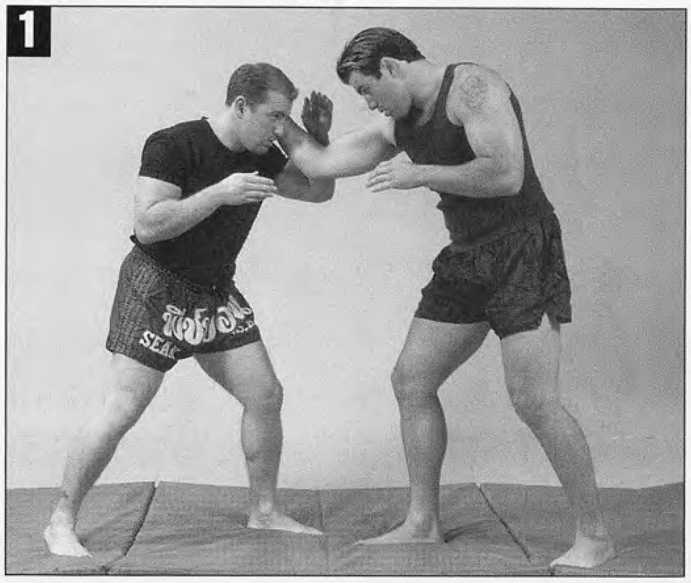
Justin, the younger and yet bigger of the two siblings agrees. "Yeah, where most kids get stressed out by having to fight it was no big deal to us. We never had a hang up or anything because there was never a time we weren't doing it."

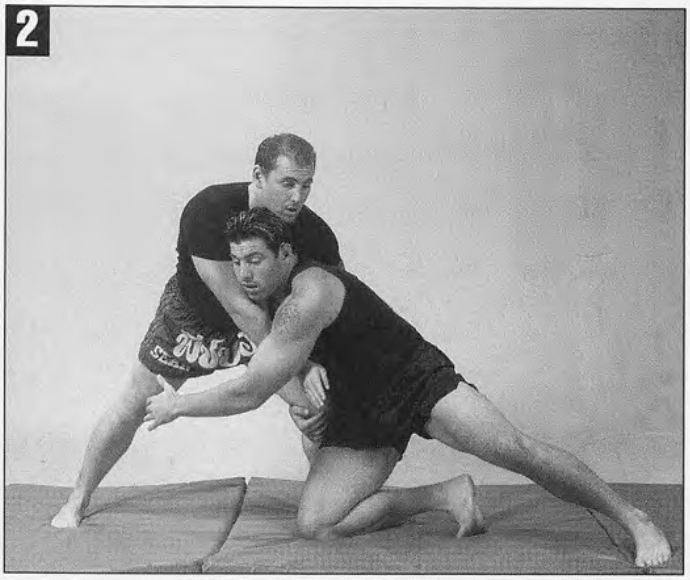
As the two grew older, Sean gravitated to boxing and then eventually kickboxing, preferring the striking arts to the grappling arts. "I'm a banger," he admits. "I always have been. I actually got interested in martial arts from Kung Fu Theater," Sean laughs. "I watched it all the time and then hit my dad up for lessons when I was just 8 years old. From there I just naturally gravitated toward competition, going from point fighting, to boxing, to full contact kickboxing, and finally to no rules fighting – almost by accident – when I got into the World Combat Championship. Somebody just approached me and asked what I'd think about doing something like the UFC. I asked how much did it pay? When they said $120,000 for first prize I said, 'Where do I sign up?' After that I just kept going."

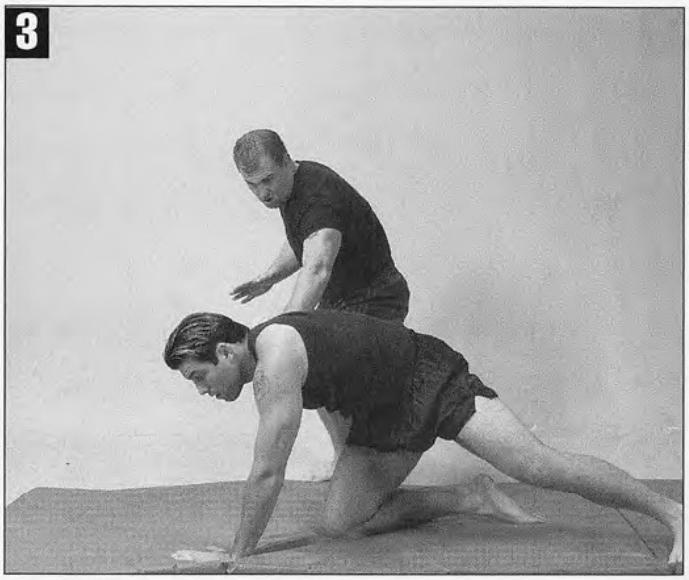
As the younger brother, Justin recalls having to put up with getting experimented on growing up, by Sean as he learned different fighting techniques. "I was his whipping post for about 10

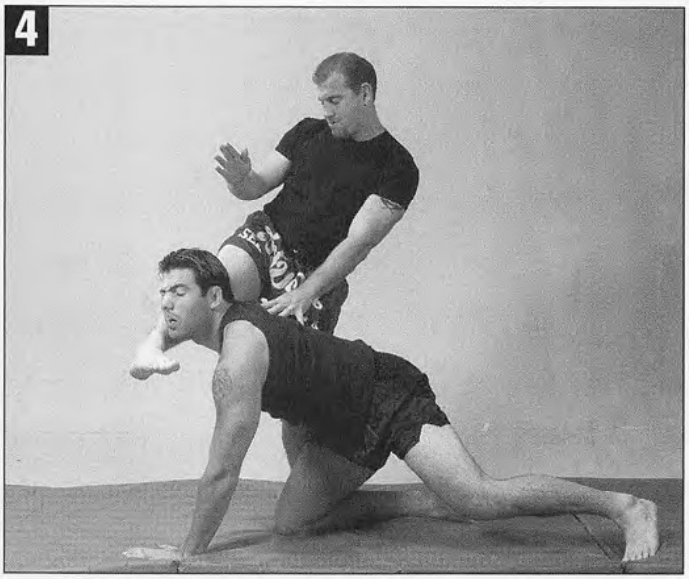




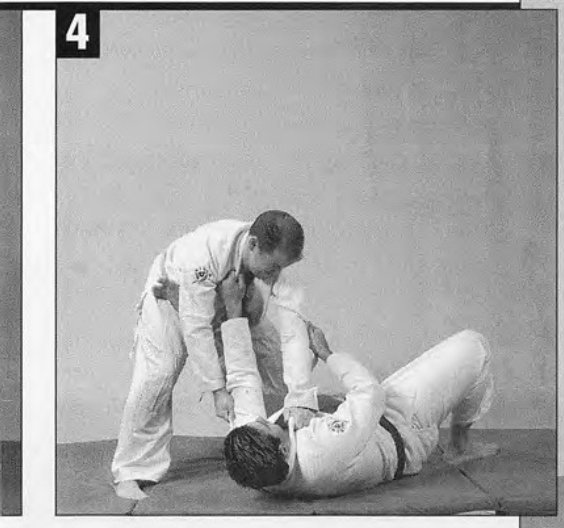


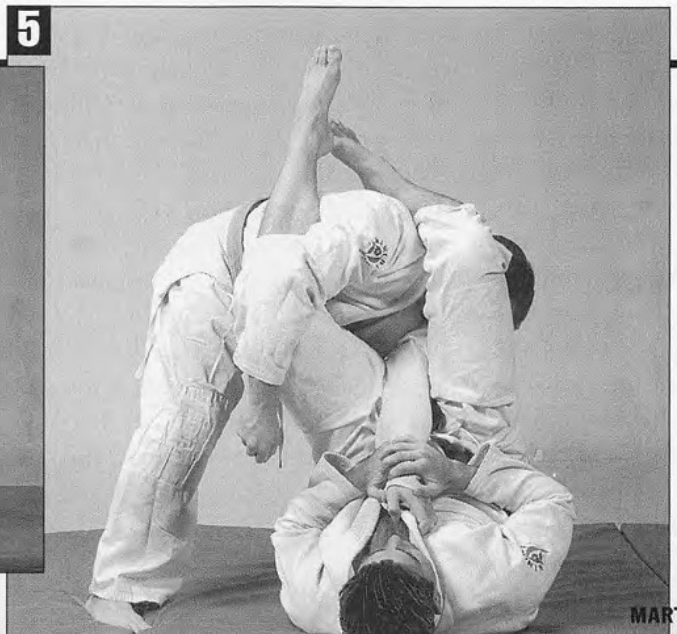




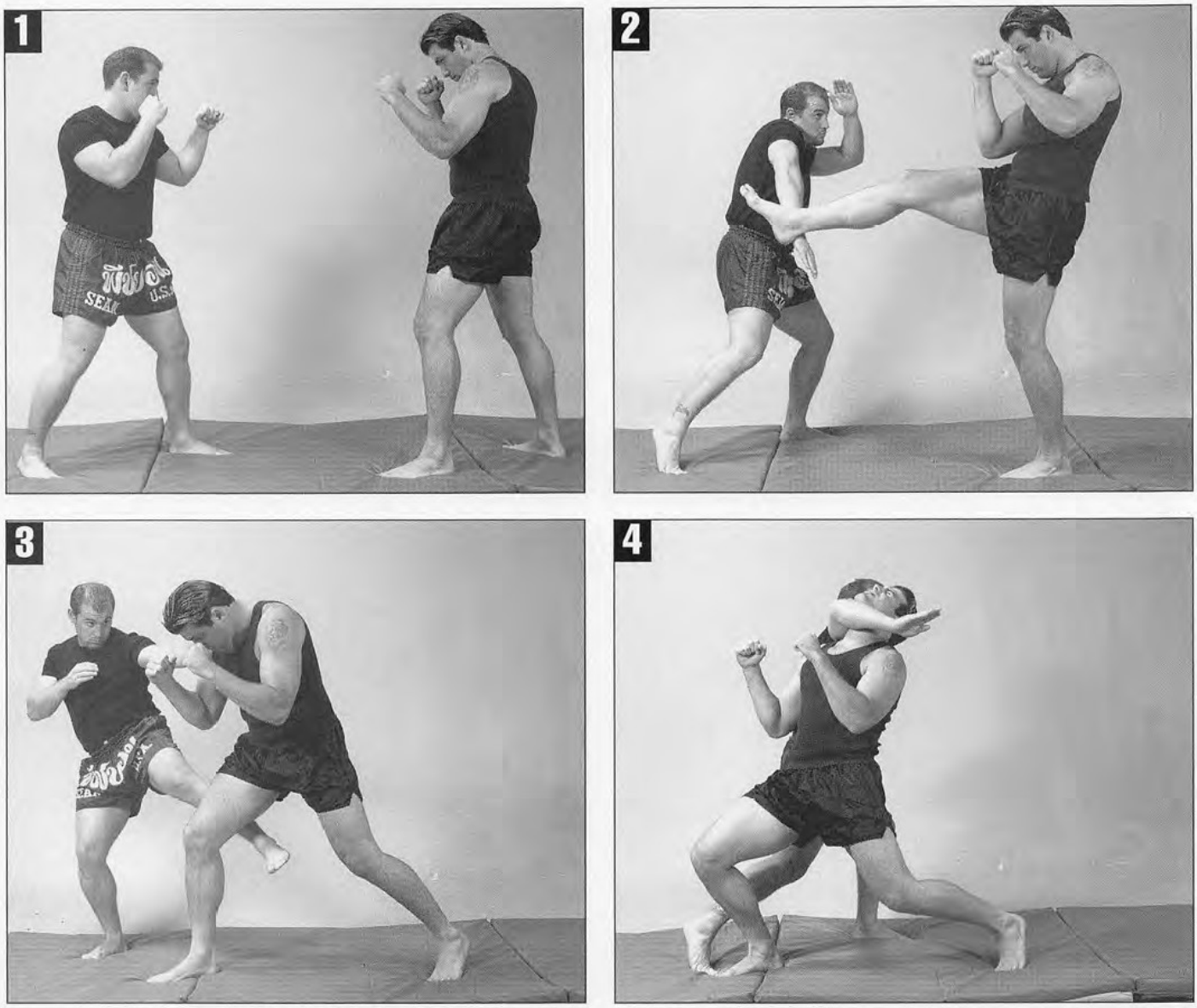


Demonstrating a kickboxer facing a grappler (1), Sean defends the attempted takedown from Justin(2), steps to the side (3), and shin kicks to the face (4).





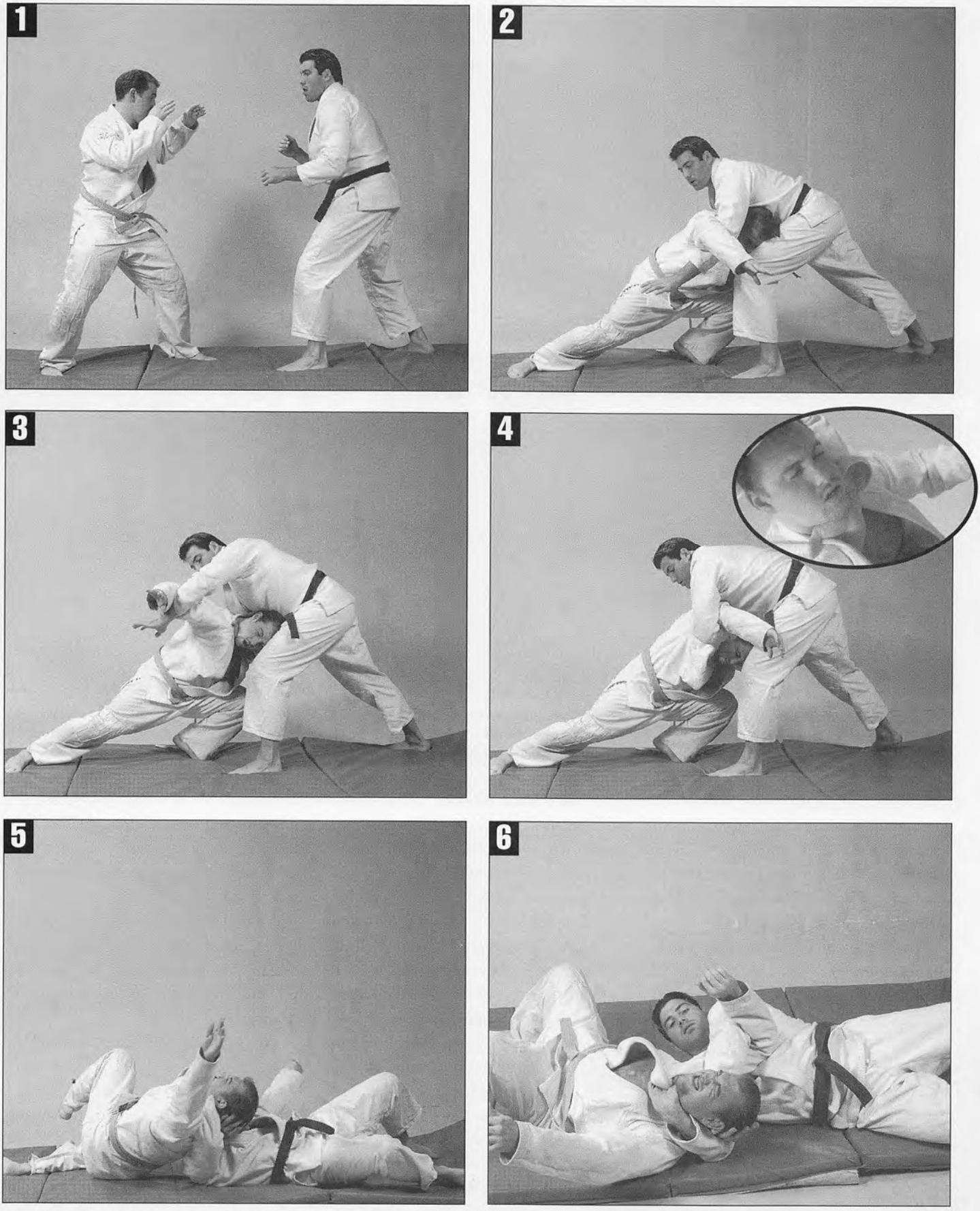
Facing brother Sean (1), Justin grabs the lapel (2), puts the knee on the hip (3), falls to the side (4), and puts him into an arm bar (5).



Sean faces Justin (1), blocks his kick (2), lands a lead-leg kick of his own the thigh (3), and ends with a devastating clothesline strike (4).

years," he says. "And then I got a little bigger and started training myself in some different things, more as a way to survive at home," he laughs. "Then when I was about 14 I got serious and started taking taekwondo and some kickboxing for a few years. Then for a good 3 or 4 years I got out of martial arts and concentrated on team sports in high school and didn't get back into it until after I finished playing football at Orange Coast College. I was just kicking around and saw that a guy named Alan Goes had opened a school down the street and started teaching Brazilian jiu-jitsu. This was around the time of the second Ultimate, and the first World Combat show that Renzo Gracie won. I thought that BJJ was overrated so I wanted to check it out for myself. I went to Alan's school with an attitude and he gave me a whipping that I'll never forget. This was when Alan was with Franco de Camargo. I was there with both of them, and then when Alan left to start his own school, I went with him. This was actually really good for me, because he used me as a practice dummy for his private students to try out moves on. So I was with him for 4 or 5 hours a day just training with guys and listening to Alan give them pointers – more than anything else, all that mat time is what helped me to improve."

With both brothers now involved in the fighting arts, Sean decided that it was time to open his own school, Extreme University, which soon became a place for some of the nation's top wrestler and no-holds-barred fighters to train. "EU was my idea and I hooked up with a couple of friends of mine, who were my students, and we pooled our money and made a very big investment in this place and hoped that it would take off. It was a great idea but there were three different guys who had three different ideas about how to run the school – which is not uncommon in partnerships – so that turned out to be a negative factor in making it work. I wanted to make money from the beginning, but we put too much money into it up front and the debt load was just too much for us to sustain paying – a beginner's business mistake. But we did have some top guys there: Mark Kerr, Mark Coleman, Maurice Smith, Randy Couture – you name it, there were there."



Facing off in gis (1), Sean shoots in (2), which Justin counters (3), then secures an under-grip on the lapel (4) barrel-rolls Sean to the ground (5), and applies the side-choke (6).

Starting from inside the guard (1), Justin pressures the knee and breaks the leg scissors (2). Trapping the legs (3), he pressures the neck (4), and then goes to the side (5), and slides to the back (6), where he puts the hooks in (7), and apply a finishing leg lock (8).

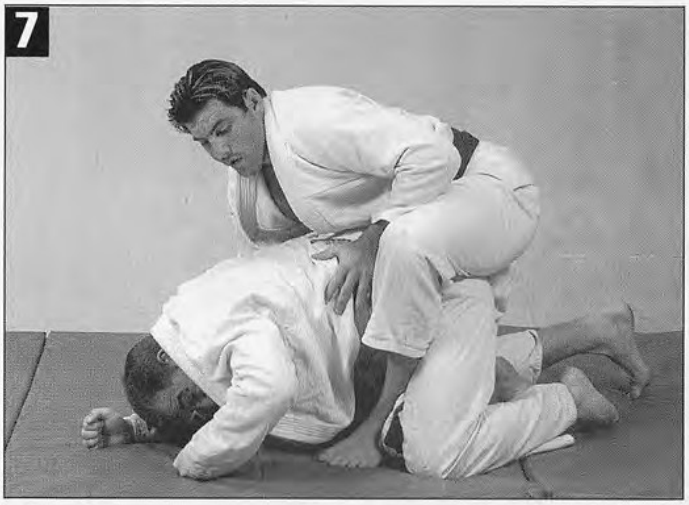
"Yeah," Justin agrees. "All the EU partners had good ideas, looking at it as an outside observer, but they had the ideas at different times and they just ended up inadvertently pulling EU apart."

"I'd like to think that we were a little ahead of our time," Sean agrees, "but the truth of the matter was that we were probably just inexperienced in business. The next gym I opened, L.A. Boxing in Costa Mesa, is the one I have right now and have had for 8 years. It's very successful and I think a lot of that is from the lesson I learned at EU."

After WCC, Sean was given an in to fight in Japan by friend Todd Medina, who had earlier made a connection to the Japan fighting circuit. So Todd hooked me up with some of the bookers, and had me work out in from of them, and then they asked me to go over and start working in Rings, whom I worked for at least three or four times. From there I just expanded my contacts and brought Justin in and we worked for New Japan, All Japan Kickboxing, and UWF. A lot of the wrestling shows, which are huge in Japan, will have shoots that they'll do inside the wrestling shows. So once you get in with them you work across a lot of organizations."

Once I got in," Justin agrees. "I worked for Pancrase, Daido Juko, Rings, and also World Vale Tudo. So we've both had our share of fighting out of the country."

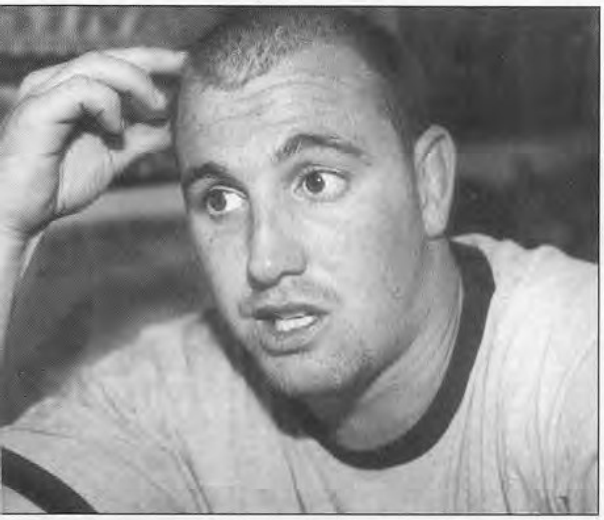
The brother have sometimes worked together on shows. One of their most memorable experiences came in Frederico Lapenda's World Vale Tudo IX, where Justin, given no chance against Brazilian black belt Mario Sucata, actually tapped him with a knee as just a purple belt, and Sean punched-out highly rated lute livre fight Joao Bosco in the first round, after taking the fight on 12 hours notice. But for all their international experience, the two are not really known in the United States outside of the hardcore fighting



community – where they have are well-known and well-respected as teachers, trainers, and fighters.

"I think part of the lack of respect or notoriety," Justin says, "Is the fact that the only real event people know here is the Ultimate. The public thinks the guys who fight in that are the toughest guys in the world and that anyone else isn't really top notch. But when you look at it there are a lot of top guys who don't fight in it, and fight a lot out of the country, who don't get the credit they deserve. It's not for me to say that we fall into that category, but I will say that we've both paid our dues."

"We do make money," Sean says, "but we're in the martial arts because we love it. So when you so something out of love it is nice to get a little recognition in your own country, just not overseas."



The fact that the two are extremely well thought of is evidenced by the fact that several of the biggest Japanese fighting organizations routinely bring some of their top fighters over to stay for weeks at a time and have the McCullys train them for their biggest fights.

Justin and Sean McCully, though, seem determined to keep going in the martial arts regardless of the course they need to follow to stay on the fighting path. Accidentally related by birth, but brothers in spirit, the McCully brothers are leading figures of the dedicated grass root no-holds-barred network that is growing the sport in the United States and making a real difference to those who will follow in their footsteps.

But martial arts are their blood, and even if no-holds-barred were to get banned, and even if there was no money to be made in kickboxing, you'd undoubtedly find the McCullys setting up a ring in their backyard, throwing a barbecue, and inviting their friends and neighbors to stop by on a sleepy Sunday afternoon "to duke it out," just for kicks.

Justin and Sean McCully are available for group and private lessons in boxing, kickboxing, grappling, no-holds-barred fighting, and general recreational fighting fitness programs for men, women, and children by calling LA Boxing at 949-722-3533, 2380 Newport Blvd, Costa Mesa, California 92627.

The 2000 Brazilian Jiu-Jitsu World Championships

By Kid Peligro
Photos by Gustavo Aragao

The greatest jiu-jitsu players in the world assembled to find who was the best in the world with the gi. But there were some surprises in store – most notably in the form of American BJ Penn – who became the first non-Brazilian to ever win a black belt world championship.

The fifth edition of the Brazilian Jiu-Jitsu World Championships, held at the Tijuca Tennis Club in Rio de Janeiro, on July 27th-30th, and had a lot of history to live up to, both negative and positive. Was this going to make a lasting mark in the history of the sport, or was this going to be merely another ho-hum event in which most of the stars stay away from the hard match-ups? There are so many black belts now, due to jiu-jitsu's popularity, both in Brazil and around the world, that a bottleneck is beginning to form in each weight division as so many claim to be the best.

Mondial 1996

The first Mondial was held in 1996 at this same venue and was the first time that any black belt could truly declare themselves to be a world champion. The attraction of the title brought out most of the stars to compete. All the big guns at the time – names like Royler Gracie, Fabio Gurgel, Murilo Bustamante, Leo Castello Branco, Ricardo Liborio, Amaury Bitteti and Wallid Ismael – were there ready to play. There were also new names in the black belt scene about to earn a reputation for themselves, most notable were newly promoted black belts Ze Mario Sperry, Saulo Ribeiro, and Roberto "Roleta" Magalhaes. Even though there was much excitement surrounding the first event, the championhips were hardly dramatic – sure winners like Royler Gracie, Fabio Gurgel and Amoury Bitteti asserted themselves one more time with Murrillo Bustamante falling in the finals to archrival Gurgel. And even though Sperry and some others won, the field at the top in the weight divisions was relatively thin. This first year greatest surprise was by "Roleta" Magalhaes. During the semifinal against favorite and feared Wallid Ismael, "Roleta" using all of his called "*esquijitsu*" (weird jitsu) somehow survived the pressure applied by Wallid. Wallid had the match in the bag when, with about 35 seconds to go, Roleta pulled one of his weirdest and newest moves, "The Helicopter Sweep" and managed to get Wallid in a bad

Comprido controlling the action.

position for a split second, where he proceeded to take Wallid's back with 10 seconds to go for the surprise win. Roleta then defeated Wallid's teammate "Bebeo" Duarte and won the title.

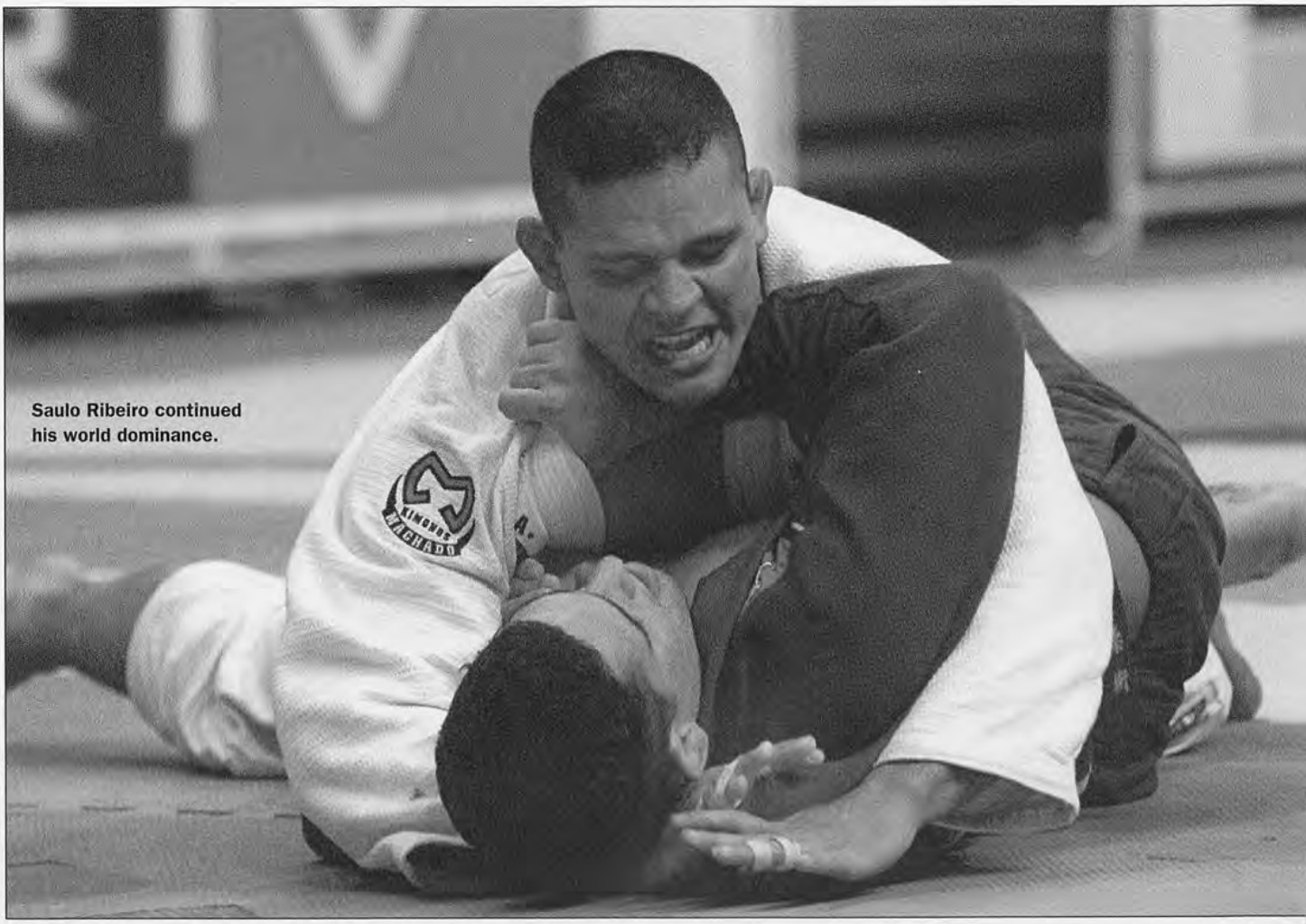
Mondial 1997

The next year, still at the same venue, marked the real appearance on the jiu-jitsu scene of Robson Moura and Saulo Ribeiro. Robinho, who had won the Superfeather title in the purple belt division the year before, came back to the same arena to claim the same division now, however, as a black belt. Ribeiro, on the other hand, was starting to make his fantastic run of world titles, each year in a different weight division. Ribeiro, who had won the year before as a lightweight, was coming back as middleweight and defeated all that stood in the way to get the title. Royler Gracie, Gurgel, Roleta, Sperry, and Bitteti also repeated their success. Royler, on this day, fought eight matches, five as a featherweight and three more in the Absolute, as the 150lb. technician managed to beat two giants, 330 lb. Aguinaga, and 220 lb. Leo Dalla, before losing to a fresh 220 lb. Bitteti by a slim margin. Royler was elected the most technical athlete of the tournament that year.

Mondial 1998

The third edition highlighted some rising stars such as new black belts Leo Vieira and Vitor "Shaolin" Ribeiro, who had been sensational in the lower belt divisions. These young lions were now pushing the established champions for a little bit of sunlight and some success of their own. Saulo Ribeiro, who was going up in weight once again to compete as a medium-heavyweight, would have his work cut out for him as he would have to face superstars Gurgel and Bustamante on the same night. Ribeiro successfully defeated Gurgel by a takedown, and then Murillo with the same move, to win his third consecutive title. If that wasn't enough drama, there was Royler going into the finals against "Shaolin" and getting swept early in the match only to come back and use the momentum from his opponent's sweep to pay him right back and apply pressure to become the first person to win three consecutive jiu-jitsu world titles.

In the Heavyweight division, two previously undefeated two-time world champions were there – Sperry and Roleta. It was obvious that someone was going to have to lose as the congestion of top competitors was beginning to show. Roleta drew first blood and took out Sperry in the heavyweight finals. This gave Sperry, for the first time since he was a brown belt many years ago, the taste of defeat in a major competition. Sperry didn't like the taste and promptly signed up for the Absolute division. Roleta, still reeling from the win and the new title, and looking for more, also signed up, thus raising the stakes. If Roleta beat Sperry for the second time in one evening, he would undoubtedly be declared the best jiu-jitsu fighter of the year. On the other hand, another Sperry loss would do



Saulo Ribeiro continued his world dominance.

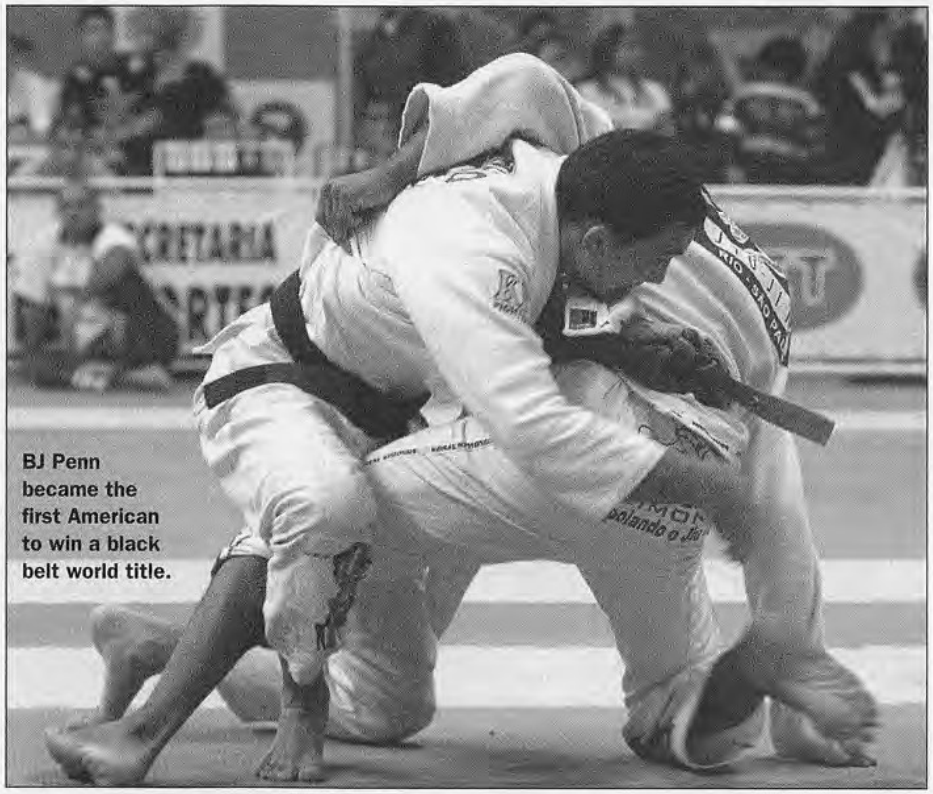
serious damage to his reputation. In a gutsy performance, Sperry defeated Roleta in the emotional final and conquered the Absolute division.

Mondial 1999

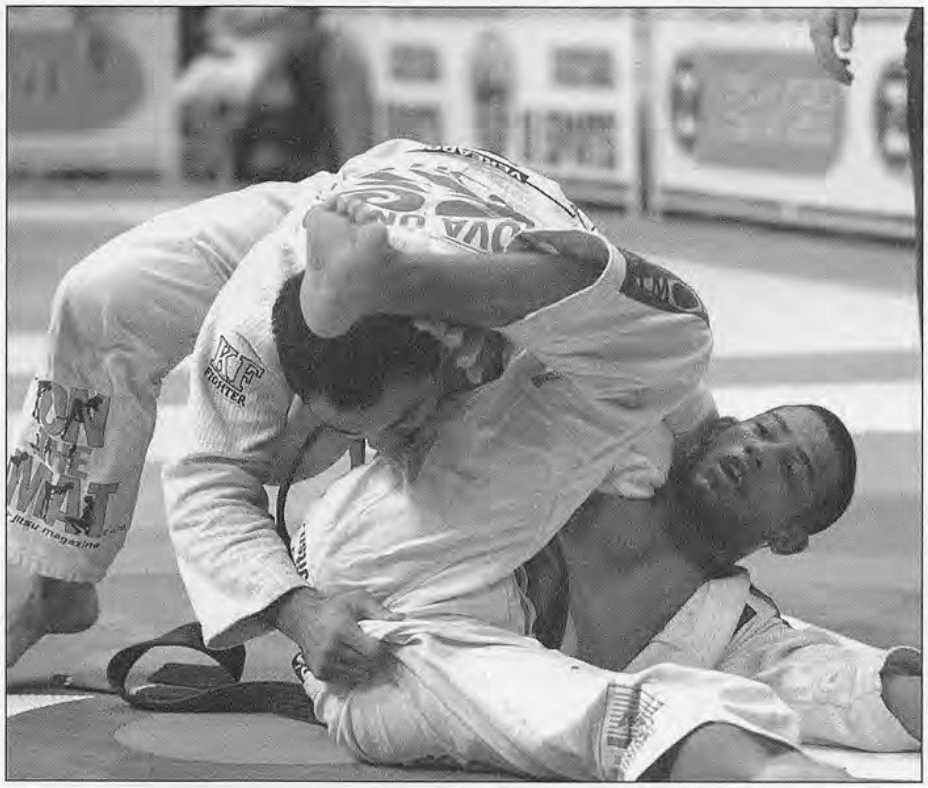
The fourth world championship saw the bar raised even higher, as fresh faces were starting to show-up in the Brown Belt division. Archrivals Fernando "Margarida" Pontes, and Flavio "Cachorrinho" Almeida made the finals of their weight division and had one of the most fantastic matches ever seen. At one point in the match, while behind on points, Margarida had Cachorrinho in such a tight arm bar that in order to escape and eventually win, Cachorrinho had to suffer a hyperextension of the elbow joint. Royler Gracie once again had some memorable fights. Having been sick with fever for several days going into the tournament, he faced newcomer Leo Santos in the semifinals, who he managed to defeat with last minute heroics. He then had to go against Leozinho Vieira, who had dropped in weight in order to face the most dangerous Gracie. Royler was once again successful and took his unprecedented fourth consecutive world title, a result that was almost considered just a given. Saulo Ribeiro, now fighting as a heavyweight, faced Roleta, the last man to beat him (by arm bar submission) a few years back. Saulo took the opportunity to pay back Roleta and maintain his incredible string of victories for that year, having just won the State title a month prior to the event. Sperry, however, ran out of silver bullets. He fought many matches in the Super Heavyweight and the Absolute divisons only to fall short both times. He lost to Leo Leite in the weight division finals and to newcomer Rodrigo "Comprido" Medeiros in the Absolute semifinals. Comprido went on to submit Roleta in the finals of the Absolute with a vicious foot lock, denying both three-time world champions, Sperry and Roleta, a chance to repeat again. Roberto Traven took the Open division for the second year in a row.

Mondial 2000

For the 2000 championships, there were simply too many great players in each division and only one place at the top. The event was fantastic with tremendous fights in every class. Attending the competition was virtually every important name in the sport. Besides the regular competitors you could see Reyson, Relson, Carlson, Rillion, Carlos Jr, Rolker and Royler Gracie, Ze Mario Sperry, Alexandre Paiva, Leo Castello Branco, Joe Moreira, Aloisio Silva, Andre Pederneiras and many others.



BJ Penn became the first American to win a black belt world title.



2000 Day One

After the first day, when the Juniors and the Ladies Blue Belts drew to a close and the Blue Belt Adults started, the excitement was beginning to rise. It is no wonder that the sport is evolving tremendously, and this was shown by the astounding level of the Juniors. There were kids competing who would been competitive in the Adult division.

Fabio Gurgel confounded critics to take another world title.

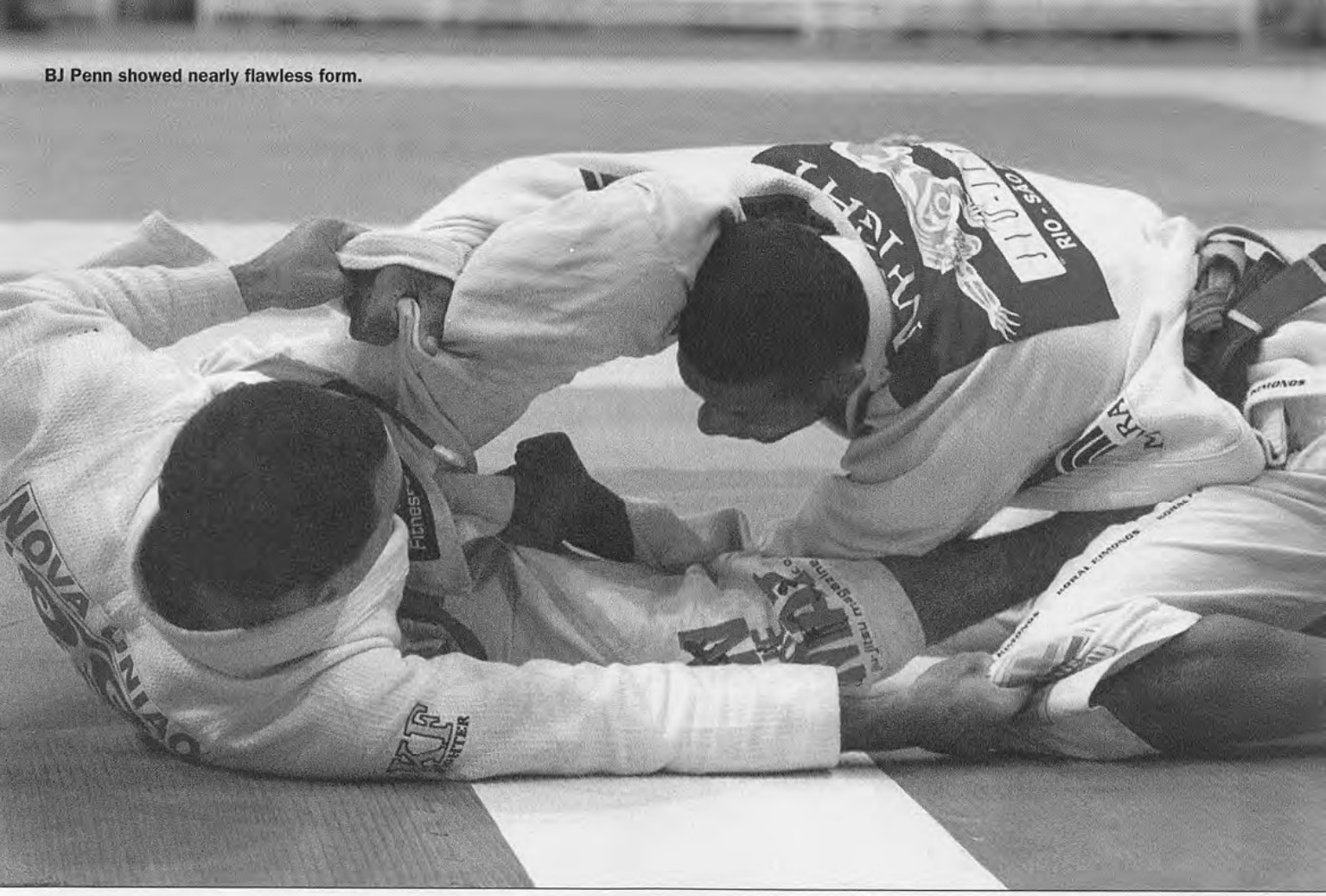
In the Blue Belt Adult division one of the stars was Roger Gracie. The 18-year-old resident of Florida won his Medium Heavyweight division and got second in the Absolute division with a great display of technique and maturity. In the finals he met Australian wonder kid Daniel Cherobin, who submitted all three of his opponents via triangle choke prior to meeting Roger. Also in the Blue Belt division was Fabricio Werdum, from Madrid, who won both the Super Heavyweight and Absolute divisions. He had to fight ten matches to achieve that honor, thus becoming the first jiu-jitsu world champion from Europe.

Ricardo Arona in serious trouble.

2000 Day Two

In the second day of competition the purple belts went at it. The higher the belt, of course, the higher the level of

BJ Penn showed nearly flawless form.



Comprido in perfect position.

skill. The most impressive thing about the purple belts is that they almost have the skill level of most black belts. There were several great matches and Daniel Moraes was one of the big names. He dominated all his opponents on his way to his title.

2000 Day Three – Brown Belts

The third day was comprised of the Brown Belt and the Absolute Black Belt divisions. The Brown Belt competition had two Americans in the Super Heavyweight class, Garth Taylor from Santa Cruz, California, and Kai Garcia from Hawaii. They both had very difficult fights but managed to keep winning and got to the semifinals. The two were denied an all-American finals, though, when Kai lost by two points on a sweep and Garth lost by advantage. Later on, Kai told me, "How can I get swept on a move that we practice all the time?" He was still happy with his performance and he continued, "Next year I am going to come here sooner and get into better competition shape. You have to get the latest techniques down in order to compete for the title."

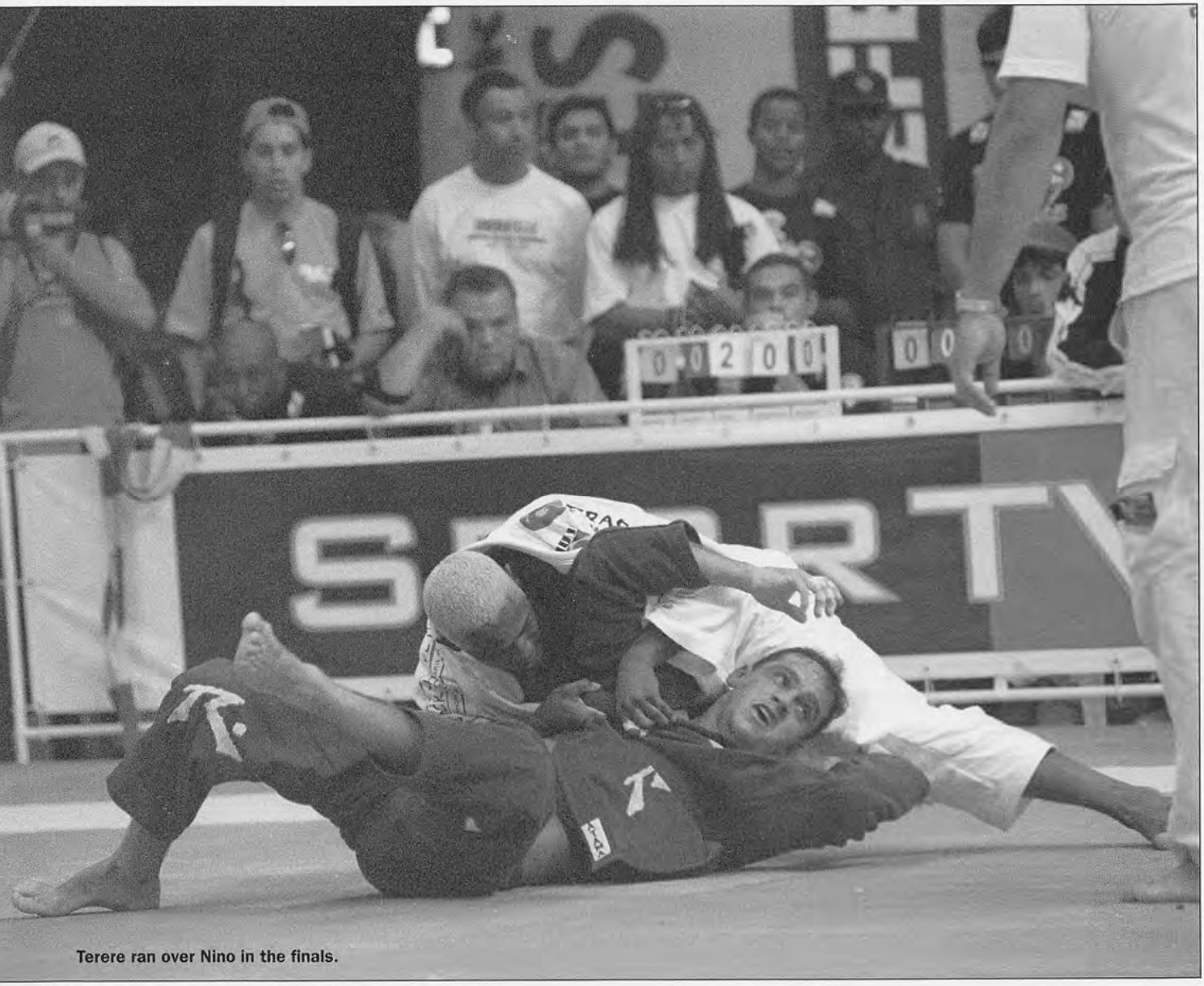
Marcio "Pe de Pano", who has a very offensive, submission-oriented style and Alexandre Ribeiro were the big standouts this day. Pe de Pano won his weight division easily while "Xande," had to fight against arch rival Gabriel Vella on the second round. Xande had the fight of his career against Vella and after that the title fight was anti-climatic. The match was a sequence of near scores with both Gabriel and Xande almost achieving guard passes and sweeps from the half-guard – but in the end Ribeiro got the nod by advantage. Xande then scored a competition-

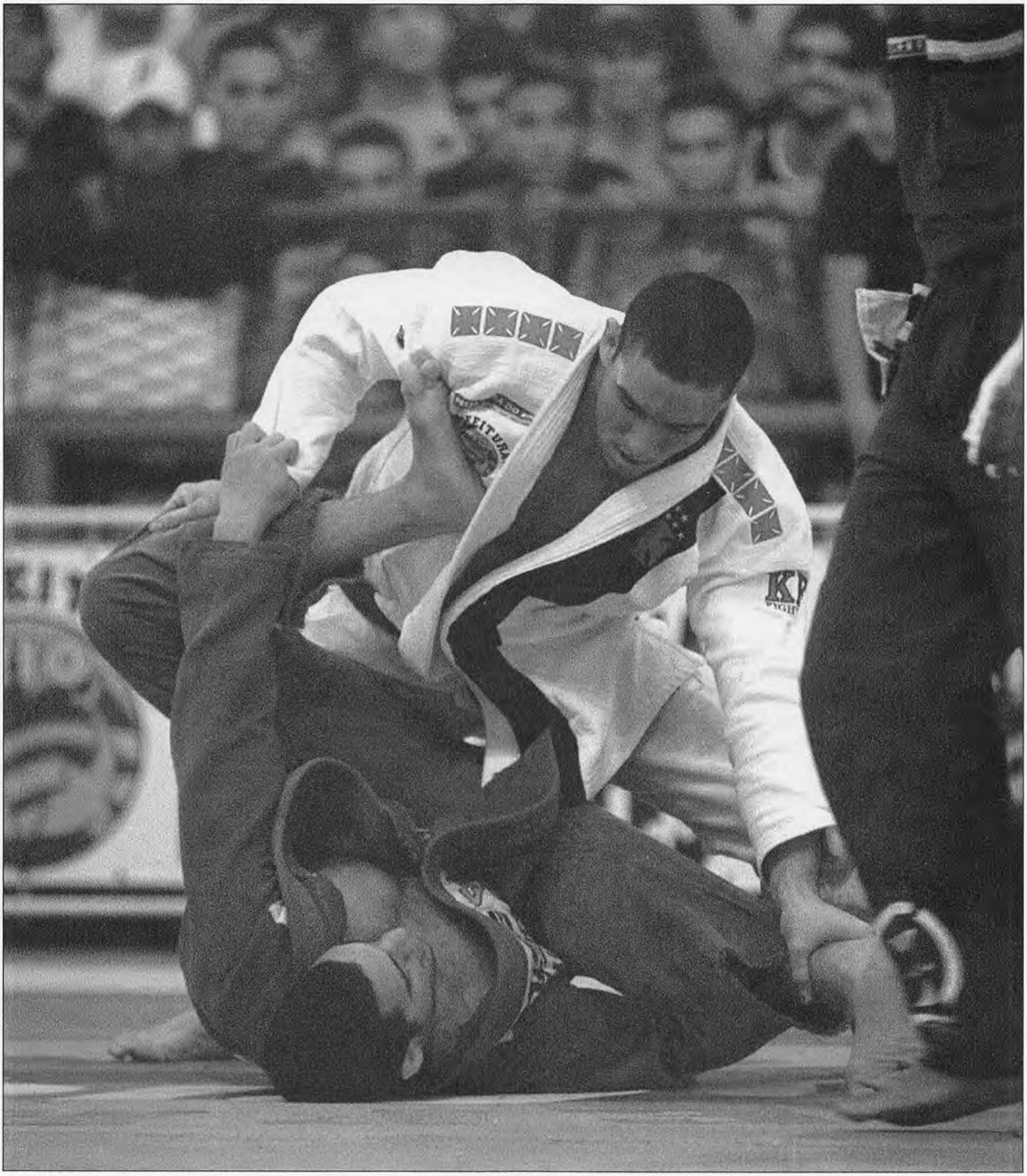
Flavio Almeida in control.

record 26 points in the semi-finals and won the finals convincingly. Alexandre has a style similar to brother Saulo, very technical and with great competition sense and tactics. The other big winner was Gustavo Correia. Each of Gustavo's fights were difficult, including a semifinal win over US star David Camarillo, who won his first two fights via submission (knee bar and arm lock) and had a lot of momentum going into the match with Correia. The two exchanged controlling grips the entire match with Camarillo almost losing his temper in the end – but Correia got the nod.

2000 Day Three – Black Belt Absolute

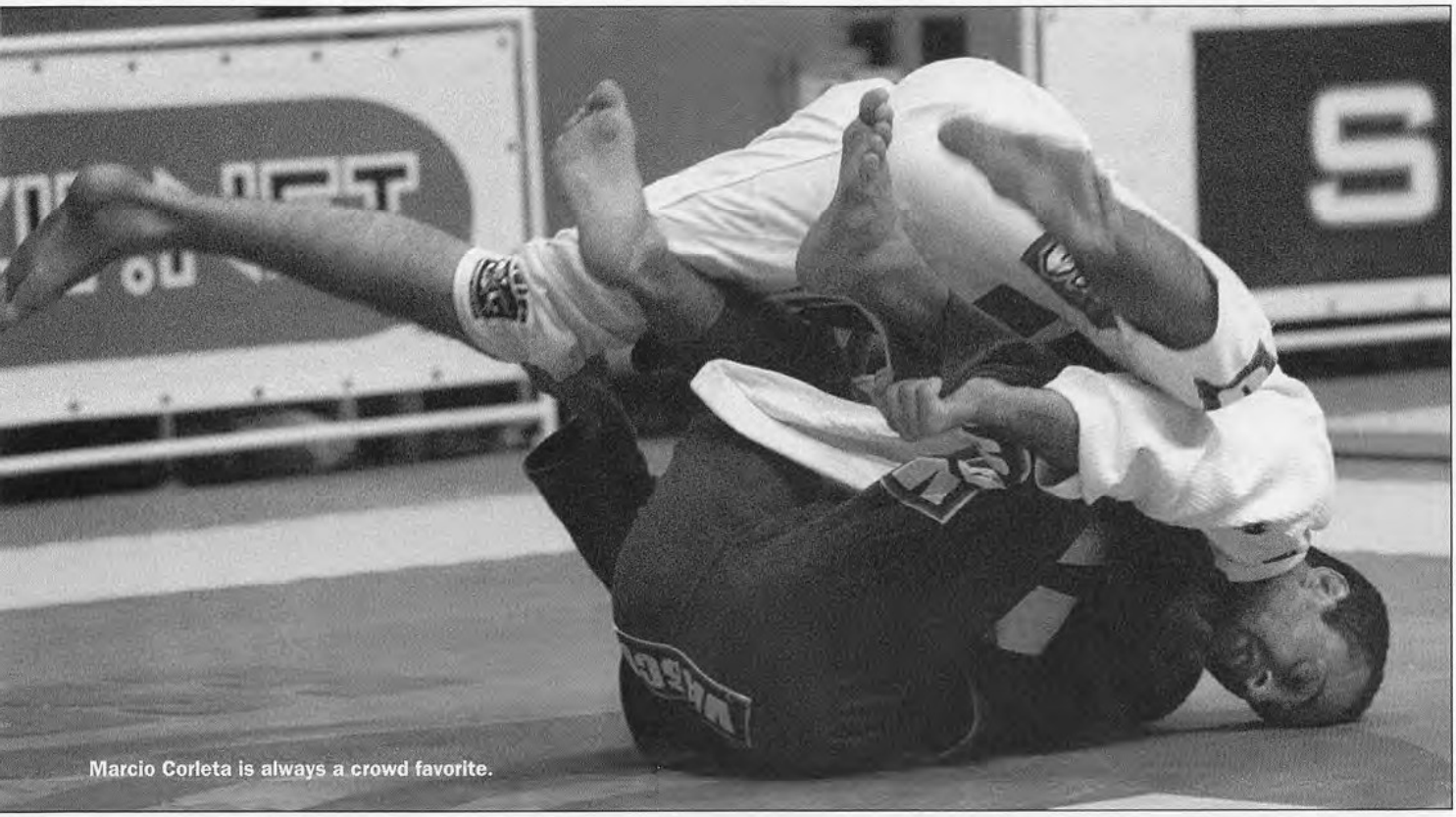
The big story of the competition, however, was the Black Belt Absolute division. Carlos Gracie Jr. made the great decision to have the Absolute on a dif-


Terere ran over Nino in the finals.



ferent day than the regular weight division, and this caused the top stars to enter. The Absolute Black Belt was the stuff dreams are made of, and the list of names was a Who's Who of jiu- jitsu, including Leo Dalla, Marcio Corletta, Alexandre "Café" Dantas, Flavio "Cachorrinho" Almeida, Antonio "Nino" Schembri, Rodrigo "Comprido" Medeiros, Leo Leite, Fernando "Margarida" Pontes, Jose Mario "Esfiha", Renato Ferro, and others.

Margarida showed that he meant business early. He submitted Francisco Mello and Café by arm bars in his opening matches. Esfiha submitted Renato Ferro by kimura and then defeated Marcio Corleta by points. Comprido, on the other side of the bracket, advanced over Leo Dalla, and then met up with one of the favorites, Nino, in the quarter-finals. The entire stadium stood up and cheered when Comprido and Nino stood there in the middle of Mat 2. Comprido opened up with a quick takedown, but Nino responded by placing him in the guard. As Comprido stood up



Marcio Corleta is always a crowd favorite.

to open Nino's guard, Nino started to make his move and somehow was taking Comprido's back while the two were still standing. Comprido kept his cool and avoided the danger and managed to get Nino down and tried to take Nino's back almost immediately as things happened in a very fast and furious sequence. As Nino defended a choke by Comprido, he managed to escape and get to Comprido's side and attack the arm with a kimura lock, Comprido quickly reversed with a kimura lock of his own now and was more successful, forcing Nino to tap.

The next match was the best match of the night, Margarida vs. Cachorrinho. Margarida still had a bad taste in his mouth from his defeat the prior year and was ready for revenge. He pulled guard and kept attacking Cachorrinho constantly. Cachorrinho, on the other hand, was trying to get base to pass the guard. Suddenly Margarida got him in an arm bar, the same position as the year before, and it appeared that the fight would be over quickly, but Cachorrinho again managed to pull a series of Houdini moves and somehow escaped the sure submission. The fight continued with tremendous velocity and positional changes until Cachorrinho got to Margarida's side and tried an arm attack of his own. Margarida defended it well and ended up on top. The failure to get the submission seemed to take the air out of Cachorrinho and give new life to Margarida. He quickly passed guard, put his knee on the stomach, and sunk-in a choke for a submission with only a minute left in the match. Cachorrinho just had nothing left in the end and could no longer keep up with the speed and technique of Margarida.

Comprido then disposed of Esfiha with a foot lock and Margarida mowed down last year's super heavyweight champion Leo Leite, with a series of unstoppable moves that are now considered Margarida's style. Leo Leite, the Brazilian national class judoka, who last year beat Mario Sperry for the world title, started attacking Margarida on the feet, but Margarida didn't back down and fought stand-up for a while without giving much ground. He then pulled guard and

Roleta showing his championship form.

defended Leite's attacks. After a while Margarida started to take control, he swept Leite and then worked on passing the guard and got cross-side and attempted knees on the stomach and other attacks until time ran out.

Margarida would meet Comprido in the Absolute finals. Comprido, who was last year's Absolute champion, was looking to go back-to-back, while the hungry up-and-coming Margarida was looking for another dragon to slay. Comprido is a very smart competitor and he had already seen that movie before, however. He had fought Margarida a few times in the Sao Paulo state circuit and knew what to do to be successful. The book on Margarida has been to pass his guard to the left, and after an early take down, Comprido stayed with that strategy. Margarida, however, had other ideas and was threw everything he had at Comprido. After a while, when the game seemed established and Margarida was beginning to make successful counter-attacks, Comprido changed course 180 degrees and went back to the traditional right-side pass. That seemed to catch Margarida off-guard and throw his game off for a little while, and it was enough to allow Comprido to control the rest of the match to gain the title of World Absolute Champion for the second consecutive year.

Comprido needs to be given special recognition as one of the all-time great fighters now that he is a two-time Absolute champion. Although he has the humorous habit of calling people that he likes "Uncle," he loves to fight and his amazing accomplishment at the tender age of 24 is noteworthy. After the win, Comprido said, "I want to dedicate this win to...my teammates and to Uncle Jacare. Tell Uncle Tahnoon that I hope he invites me back to Abu Dhabi to achieve the only title that I don't have yet. I love to fight and want people to watch me fight and see a person that has fun doing

Continued on page 93

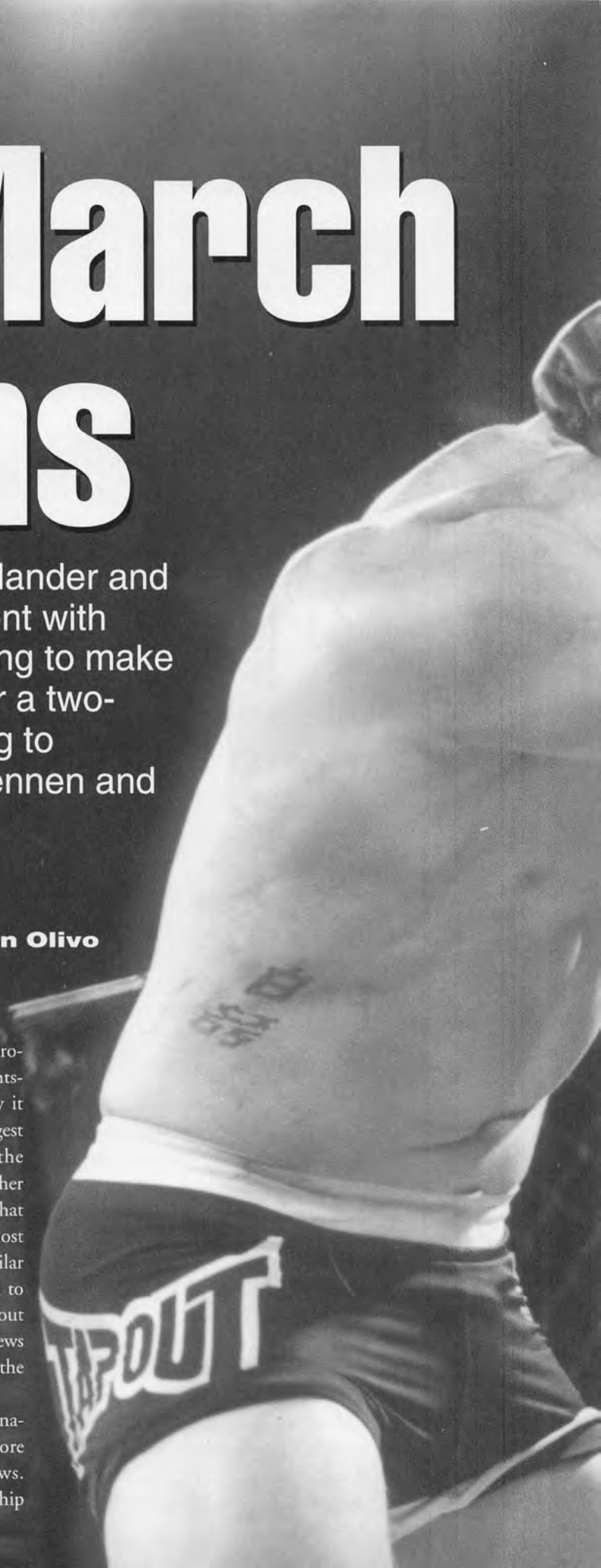
King of the Cage 5

The March of the Lions

Lion's Den fighters Jerry Bohlander and Joe Hurley came into the event with high hopes – Bohlander hoping to make a successful NHB return after a two-year layoff, and Hurley hoping to dethrone champion Chris Brennen and stake his own claim to fame.

By Cal Cooper

Photos by Todd Hester and Austin Olivo

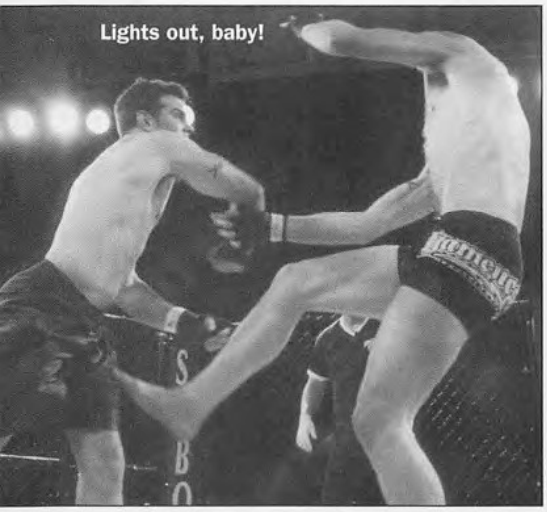


King of the Cage 5 was the latest installment of promoter Terry Trebilcock's and producer Bud Bruntsman's brainchild, and like each preceding show it upped the ante in every respect. Jerry Bohlander was the biggest name to compete so far, but even more exciting were the announcements of the names to come. The Lion's Den's other heavyweight, Pete Williams, entered the cage to announce that he will soon compete on a KOTC show, and one of the most popular fighters in MMA history, Mark Kerr, made a similar announcement. Kerr told the crowd that he is on a mission to collect every heavyweight belt in the sport. "If there's a belt out there, I want it!" He told the excited crowd. This was big news for American MMA fans, who haven't seen Kerr compete in the U.S. in over three years.

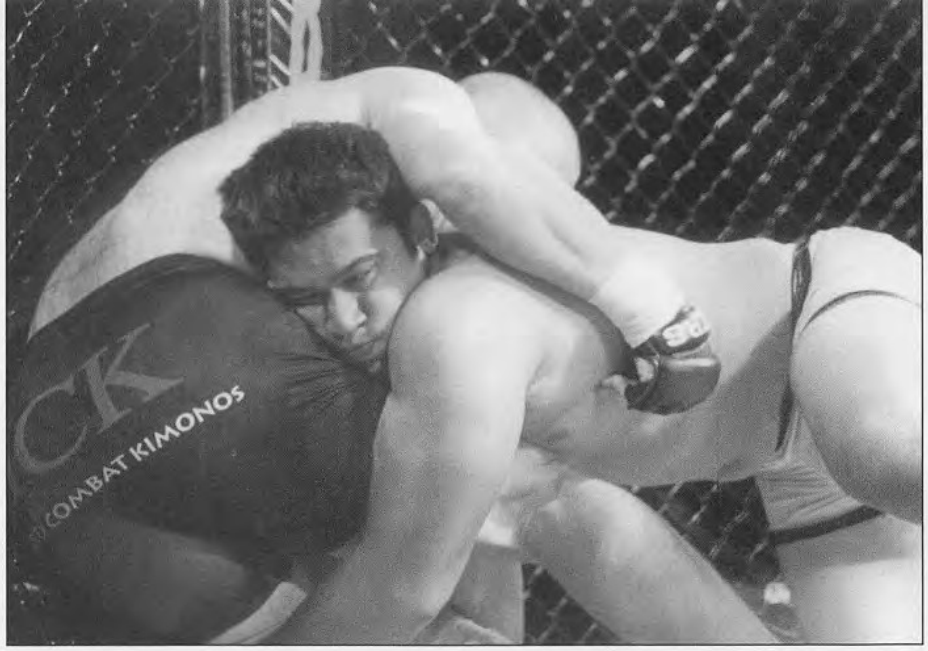
The show has developed a reputation as a high-end alternative to other fight fare. The fans are more dressed up, more knowledgeable, and more respectful than at other shows. Attending a KOTC show is more like going to a championship

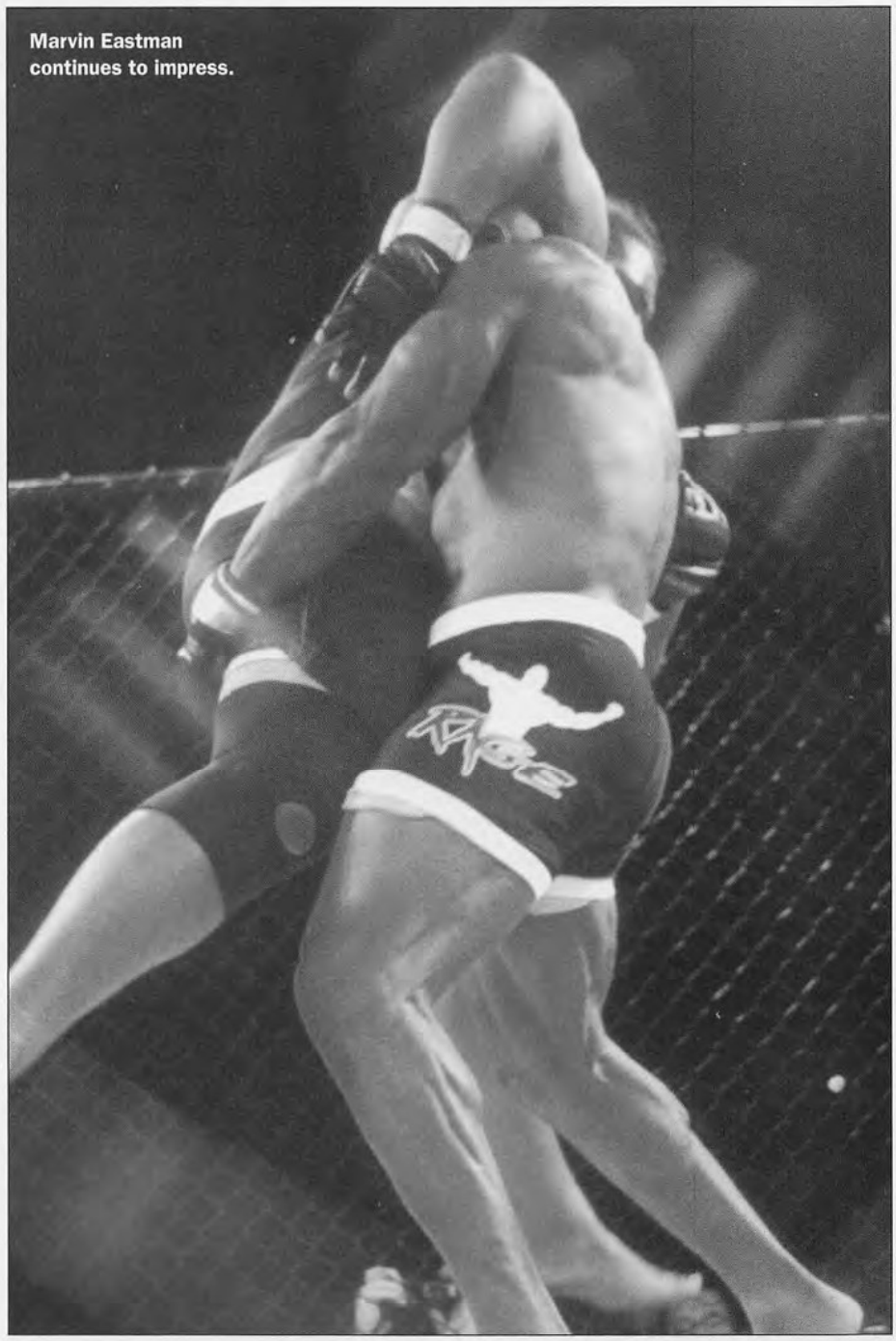
Bohlander got a stern test from Foster.

Vegas boxing match than a typical toughman contest, which unfortunately is often the case with mixed martial arts crowds. Promoter Terry Trebilcock makes an effort to maintain the high-class atmosphere. What's more is that the fans actually seem to have more fun that the typical crowd, since they get to interact with dozens of recognizable MMA figures – and because they are more knowledgeable they follow the action more closely. "He's tapping!" the crowd yelled helpfully when a referee was out of position to see the submission and stop the fight. The King of the Cage has accomplished what all promoters hope for: a "happening" event that gets people excited.



Lights out, baby!





Marvin Eastman continues to impress.

As in every prior outing, KOTC once again outdid the previous show. A fireworks extravaganza (the show is held outside) before the main events lasted ten solid minutes. The first of three main event fights saw PRIDE's Daijiro Matsui facing Amir Rahnavardi. The second headliner had experienced UFC veteran Jerry Bohlander returning to action against a lesser-known fighter named Brian Foster who showed him that in the two years Bohlander took off, the game has advanced exponentially. And, in the last main event, the Lion's Den's Joe Hurley challenged champion Chris Brennan for his title, trying to spoil Brennan's bid to make it to the world's biggest MMA promotion – Japan's PRIDE. The production was top-notch, the organization of the event was smooth, and the outdoor venue was once again expanded, (this time to 5300 seats), and once again sold out.

The Rhino landing heavy shots.

Undercard Fights (2x5 minute rounds)

The popular **Trevor Lally** returned to action after more than a year layoff, and defeated a replacement opponent in short order. **Kenny Tenorio** took the fight on only one day's notice, but the battle was sufficient for Lally to knock off his ring rust, and he seemed more excited after the fight than before. We'll be seeing a lot more of him in the near future.

Fabio Santos student **Dean Lister** made his MMA debut in a fight where no strikes were even thrown. **John Jenson** was the second last-minute replacement of the event, and it seems that Lister was lucky to have anyone to fight at all. Five times in a row opponents have pulled out on the jiu-jitsu player with the scary reputation. KOTC veteran John Jenson, who was there to attend the show, had taken the fight at the last minute without a

Promoter Terry Trebilcock looking a little too happy.

Amir used a solid ground game to outpoint Matsui.

"It's only the landing that hurts."

second thought. When the bout started they grappled immediately and Lister won the dominant position. Jensen was smooth, but Lister was amazing. There was a power struggle on the ground with neither fighter in total control that eventually ended in a leg-lock contest. Lister caught the knee bar and tapped the plucky Jenson. After the short fight both guys were regarded as winners. If Lister can get enough opponents he'll be a major force in MMA very soon.

Feature Fights (2x5 minute rounds)

On the list of promising young guns in the sport of MMA, **Yves Edwards** is a standout. He defeated blue-haired KO expert **Danny "Boy" Bennett**. In textbook fashion he mounted Danny Boy high on his chest and started pounding him. Bennett turned and Yves caught the rear naked choke and Bennett tapped. After the bout Yves told us, "I haven't yet begun to fight!" Fight fans can expect to see more from this promising Saul Saliz student.

Big **Marvin Eastman** is a potential KOTC star. He's skilled in wrestling and muay Thai, and he recently started training with John Lewis. He fought a huge Samoan fighter known as **Ioka "Big Joe" Tauanuu**. Joe, a big KO puncher, didn't get a chance to show anything in this fight. He swung hard but missed as Eastman ducked under and cleanly double-legged the 300-pound plus opponent. Joe spent the rest of the short bout underneath Eastman up against the fence. Eastman worked on him, but Joe's endurance is what did him in. Joe quit without much fuss. Hopefully, Eastman will get a better test next time.

Mike "The Rhino" Burke is a popular "Tank" Abbot style fighter that is a KOTC favorite. He signs a lot of autographs. In this bout he faced the even bigger 400-pound UFC veteran **John Matua**. They came out in an intense brawl. It almost seemed as if the sturdy KOTC cage could have been in jeopardy if these big guys hit it just right in a clench. In the first tie-up Matua got top position on Bourke. That was *not* good for Bourke. The fight was eventually stood up due to inactivity, and they were back to dukeing it out. Matua got a cut over his right eye and Bourke worked the cut. Matua was getting very tired. He made one huge charge and completely missed Mike, not stopping until he came to the fence. After the first round Matua failed to answer the bell.

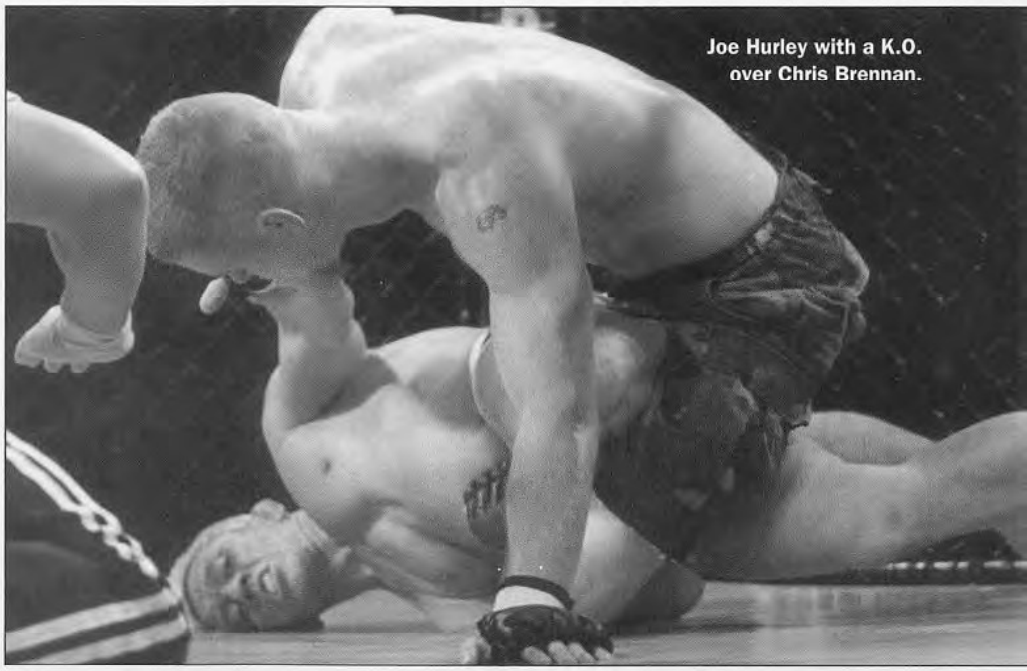
Main Event Fights (3x5 minute rounds)

Amir Rahnavardi is an unusual character. Formally, he is one nice guy. In the

ring he turns into something else. He talked to **Daijiro Matsui** through this whole fight and taunted him about his punches not hurting. He laughed at him. He was gosh-darned mean. Matsui was game and confident. He shot in on Amir many times, but Amir's sprawl was superior. Matsui also struck well, but Amir was easily his match in striking. On the ground, Matsui got hit a lot and spent much of the match defending. Amir would grin and shake his head "no" when Matsui punched from the bottom. The only time Amir seemed to be in trouble was when Matsui caught him in a knee bar. It was completely sunk in and extended, but Amir refused to give up. After the fight he told us he wasn't going to quit. "If he breaks it, he breaks it. I'll just take a couple of weeks off." In the end Matsui took many blows on the ground. That was probably his downfall. He lost the decision to Amir.

Mark "The Bear" Smith in a tough match.

Jerry Bohlander versus **Brian Foster** was easily the fight of the night! Bohlander returned to action after almost two years of inactivity due to severe burn-out. Now, he was ready to fight and the light was back in his eyes. He predicted a win. He also promised some boxing. Brian Foster was cornered by John Lober. He was far less well-known, but he was very confident that he would win. The fight remained on the feet for a long time, and both fighters were getting hit. It appeared as though Foster was boxing and connecting better, but Bohlander was somehow doing more damage. Brian was cut severely near the eye and he bled openly. The fight was stopped for a time and then allowed to continue. Bohlander got rocked solidly as the exchanges continued and the ground action came into play as Bohlander went to his "safe" territory. Position was the contest. No submissions came close to succeeding at this time, but the fight kept its fast pace on the ground. Foster was especially intense, and his enthusiasm belied the fact that he was gradually losing to the more methodical stalker, Bohlander. Later, Foster was taken down into the fence and suffered a cut to his scalp which bled profusely. The doctor was called in to check the cuts again, and after some time Foster was allowed to continue. The crown roared its approval as Foster raised his hands to



Joe Hurley with a K.O. over Chris Brennan.

Bohlander controlling the tough Brian Foster.

King of the Cage 5 Quick Results

Undercard Fights (2x5 minute rounds)

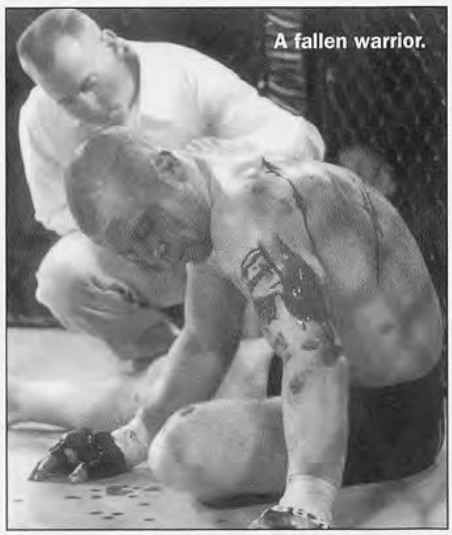
1. **Rudy Duran** (Combat Grappling) defeated **Mondo** (Scorpion Combat) by decision
2. **Trevor Lally** (AMC Pankration) defeated **Dave Hisquirdo** (Kampher Club) by rear naked choke, Round 1
3. **Tony Huecias** (Scorpion Combat) defeated **Sost Infante** (Combat Grappling) by decision
4. **Dean Lister** (Fabio Santos Jiu Jitsu Academy defeated **John Jenson** (Millenia Jiu Jitsu) by knee bar, Round 1

Feature Fights (2x5 minute rounds)

1. **Jason Brudvik** (Millenia Jiu-Jitsu) defeated **Aaron Anderson** (Freestyle Grappling) by triangle choke, Round 1
2. **Yves Edwards** (Sal Soliz/Third Column) defeated **Danny Boy Bennett** (Arizona Combat Sports) by submission, rear naked choke
3. **Romie Aram** (Millenia Jiu Jitsu) defeated **Scott Goddard** (Howard Kimono) by referee stoppage, Round 2
4. **Mark "The Bear" Smith** (Beverly Hills Jiu-Jitsu) defeated **Jay Martinez** (Shark Tank) by decision
5. **Marvin Eastman** (Muay Thai – Master Toddy) defeated **Ioka "Big Joe" Tauanuu** (Freestyle) by tapout from strikes on the ground
6. **Mike Bourke** (Mollenkramer Academy of Arts) defeated **John Matua** (Millenia Jiu-Jitsu) by TKO after Round 1

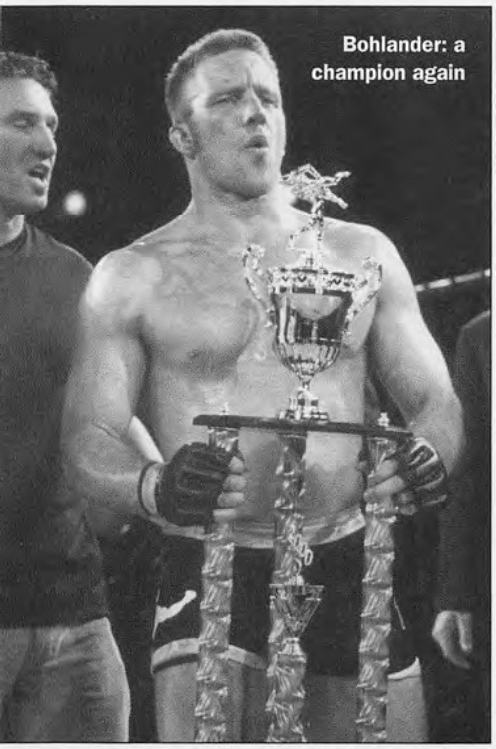
Main Event Fights (3x5 minute rounds)

1. **Amir Rahnavardi** (Joe Moreira/Janjira Muay Thai/Beverly Hills Jiu-Jitsu/Combat Grappling) defeated **Daijiro Matsui** (Team Sakuraba/Takada Dojo) by decision
2. **Jerry Bohlander** (Lion's Den) defeated **Brian Foster** (Roughnecks) by arm bar.
3. **Joe Hurley** (Lion's Den) defeated, **Chris Brennan** (Next Generation/Ruas Vale Tudo) by KO, Round1



A fallen warrior.

signal his readiness. There was no quit in him. By this point Bohlander was clearly winning the striking exchanges, which isn't to say he was the only one doing damage. In the end he may have simply had a harder head. The second round was more of the same, but Bohlander's stamina seemed to be winning out. Then about half way into round two the Lion's Den fighter saw an opportunity and executed a beautiful arm bar. Although Foster lifted Bohlander off the mat twice and slammed him down, Bohlander held the arm bar tightly and Foster eventually went to the ground and tapped. After the match, Foster was beaten but gracious. This was a top level MMA fight if there

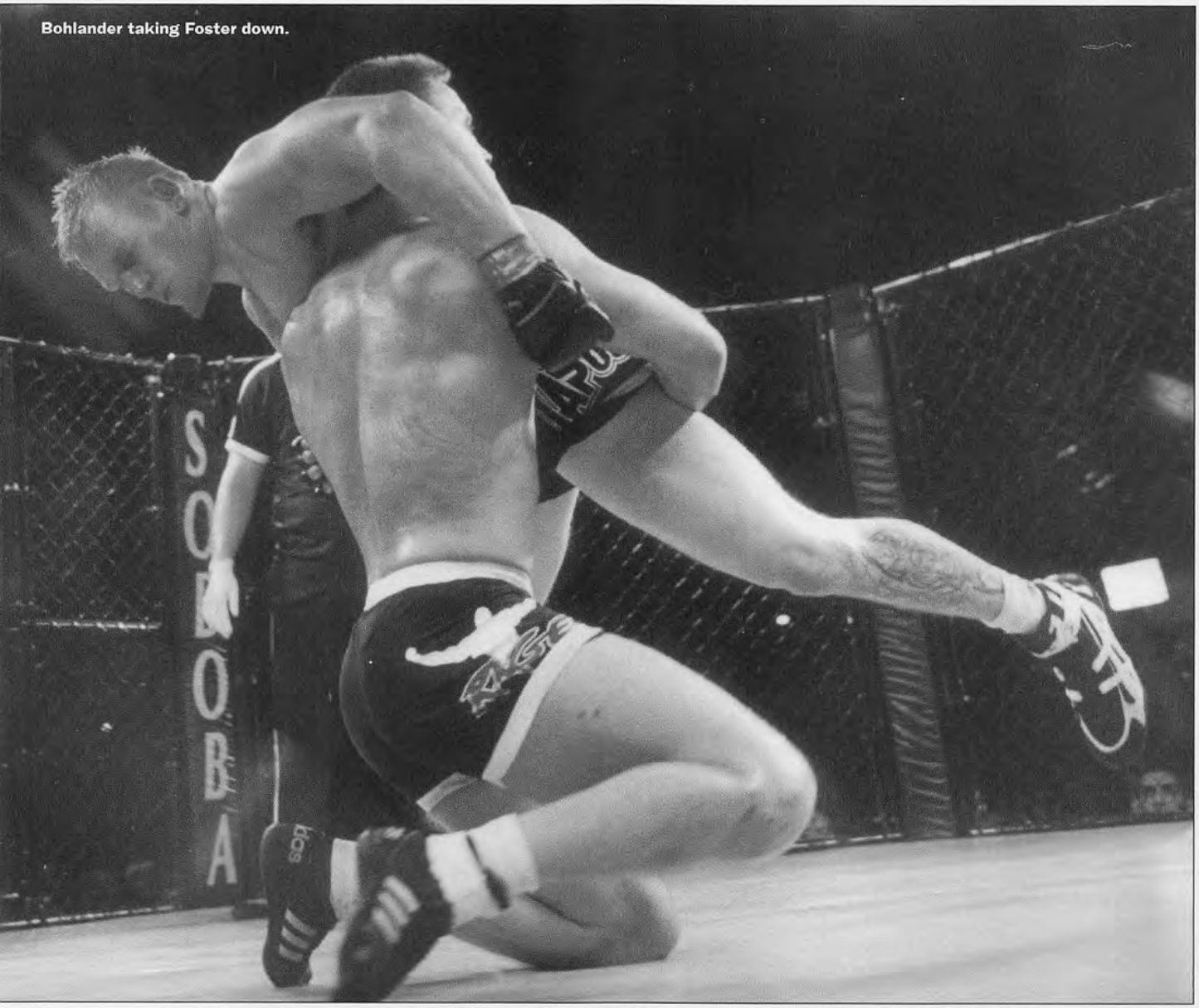


Bohlander: a champion again

ever was one. Bohlander accomplished a triumphant return and Foster had given notice that any opponent coming to fight him had better bring their lunch – and maybe their dinner too.

The final headliner of the night was **Joe Hurley** versus **Chris Brennan** in a championship bout. In KOTC Chris Brennan is larger than life. Many expected him to school Hurley, but in MMA a good fighter can beat a great fighter on any given day. Joe Hurley is at least good if not far beyond good. He may even be the "next great thing." So the stage was set. When the action began, Hurley was taken down against the fence. Hurley punched up from his back with some very hard shots and then struggled back to his feet. As Brennan countered his progress with a whizzer, they stumbled twice and went to the ground on the opposite side of the cage – but this time Hurley ended up on top, in a better position. He came down hard on the side of Brennan's head with a right. Brennan was completely dazed and stopped fighting. The match was ended immediately. Hurley is the new KOTC champ, and the Lion's Den is 3-0 in KOTC competition with two belts in their possession.

King of the Cage hit a new high with its fifth show. In less than a year, the shows promoters have established it as the mixed martial arts show to watch. With their high demand tickets, high-volume video sales, and their new high-profile fighters, they are the most successful U.S. show in production today and are poised to burst into mainstream notoriety.



Bohlander taking Foster down.

PREVIEW

THE ADCC 2001 SUBMISSION WRESTLING WORLD CHAMPIONSHIPS

By Kid Peligro

As the month of March draws near, the grappling world turns its thoughts towards the Middle East where, for the fourth time in as many years, the best grapplers in the world will converge to showcase their talents.

The Abu Dhabi Combat Club Submission Wrestling World Championships has been setting the standard of what a grappling tournaments should be since its very inception. The brainchild of Sheik Tahnoon Bin Zayed Al Nayan of the United Arab Emirates, this tournament is done by the fighters for the fighters. The idea was to make a high level event that would allow the top grapplers in the world to compete not only for world recognition and a title, but also for substantial cash prizes.

Selection Process

The selection process was initially under the sole control of the ADCC organizing committee, but as the years have gone by and the popularity of the sport has grown, regional qualifiers have sprouted up in the USA., Japan, Brazil, and now in the New Zealand/Australia region. The idea of a real world championship and perhaps even a future recognition as an Olympic sport, becomes closer to reality each year as more and more tournaments in the ADCC format are held all over the world.

ADCC History

One of the trademarks of the event has been the launching of new names into star status. The first surprise star was Ricco Rodriguez, who came out of nowhere as a BJJ purple belt to win the heavyweight division in the first edition of the tournament in 1998. The winners in the five divisions then were Soca, Renzo Gracie, Rodrigo, Sperry and Ricco Rodriguez, with Sperry doubling up as the absolute division (open weight) champion. By the time ADCC 1999 rolled around, the entire world was already tuned into the show and just getting into the event was considered an honor. While some winners were not surprises like Royler Gracie, one of the best pound-for-pound grapplers in the world, and Jean Jacques Machado, who also won the award for best technique. Others like Kareem Barkalev and Jeff Monsen upheld the ADCC dark horse tradition by unexpectedly winning their division titles. Mark Kerr completed the regular division winner's list while Roberto "Spider" Traven took the Absolute title. This also marked the first year for the Superfight between the winner of the previous Absolute against the winner of the previous Superfight. In ADCC 1999 Mario Sperry controlled a very game Enson Inoue from Japan/USA for the victory.

In ADCC 2000 things began to get even more exciting, Royler Gracie repeated as champion (and added the best technique title to his accomplishments), while cousin Renzo Gracie came back to reclaim his 66-76 kg. weight division title. Four time world jiu-jitsu champion Saulo Ribeiro took the next weight, while 2000 dark horse Ricardo Arona, a BJJ brown belt who had fought his way through the qualifiers, defeated previous year's Champion Jeff "The Snowman" Monsen. Mark Kerr won both the Heavyweight and Absolute titles thus securing a spot in the 2001 Superfight against Sperry who once again was victorious, this time over "Spider" Traven.

ADCC 2001

In trying to handicap the upcoming fourth edition, it is necessary to limit the scope of the analysis to previous years' competitors in order to avoid speculation on possible candidates for the event.

Under 65 Kg Division

Royler Gracie has to be considered the favorite at this weight. The four-time World Brazilian Jiu-Jitsu champion and two-time ADCC champion should have no problem reaching the finals. His main competition will most likely come from Joe Gilbert, a tough wrestler from the USA who was the third place finisher in 2000. Joey has a very explosive style and the additional experience of one year of training under the ADCC rules will give

him a great edge. Additional strong candidates are "Soca" Carneiro and Matt Hamlett (2nd and 4th in 2000)

66-76 Kg Division

The favorites here have to once again be Renzo Gracie and Jean Jacques Machado. While this is perhaps the toughest division to handicap due to the tremendous number of stars, this duo has won the division every time out. Jean Jacques will be looking to avenge his defeat at the hands of cousin Renzo, while the later will be trying to show that last year's victory was no fluke. Both Renzo and Jean Jacques train a lot without the gi and have developed a sophisticated array of new attacks and positions that the rest of the division has yet to figure out. Other strong candidates will be Leozinho Vieira, who is perhaps the best pure athletic talent of the division but sometimes lacks focus, Marcio Feitosam and powerhouse Matt Hughes if he goes down to this division.

77-87 Kg Division

Last year this was a powerhouse division alongside the 66-76 kg group. With internationally famous names such as

Grappling Magazine's
2001 ADCC
Crystal Ball Picks

Under 65 Kg
Winner: **Royler Gracie**
Contenders: **Joey Gilbert, "Soca" Carneiro**
Dark Horse: **Matt Hamlett**

66-76 Kg
Winner: **Renzo Gracie** or **Jean Jacques Machado**
Contenders: **Leozinho Vieira, Marcio Feitosam**
Dark Horse: **Matt Hughes**

77-87 Kg
Winner: **Saulo Ribeiro**
Contenders: **Ricardo Liborio, Egan Inoue, Jerry Bohlander, Macaco Patino**
Dark Horses: **Nino Schembri, "Roleta" Magalhaes, Mystery Wrestler**

88-98 Kg
Winner: **Ricardo Arona**
Contender: **Jeff Monsen**
Dark Horse: **Ricardo "Cachorrao" Almeida**

98 Kg and Above
Winner: **Ricco Rodriguez**
Contender: **Sean Alvarez**
Dark Horse: **Ricardo Morais**

Superfight – Mark Kerr vs. Mario Sperry
Winner: **Mark Kerr**

ADCC World Champions

1998
Under 65 Kg: **"Soca" Carneiro**
66-76 Kg: **Renzo Gracie**
77-87 Kg: **Rodrigo**
88-98 Kg: **Mario Sperry**
98 Kg and Above: **Ricco Rodriguez**
Absolute: **Mario Sperry**

1999
Under 65 Kg: **Royler Gracie**
66-76 Kg: **Jean Jacques Machado**
77-87 Kg: **Kareem Barkalev**
88-98 Kg: **Jeff Monsen**
98 Kg and Above: **Mark Kerr**
Absolute: **Roberto Traven**
Superfight: **Mario Sperry**

2000
Under 65 Kg: **Royler Gracie**
66-76 Kg: **Renzo Gracie**
77-87 Kg: **Saulo ribeiro**
88-98 Kg: **Ricardo Arona**
98 Kg and Above: **Mark Kerr**
Absolute: **Mark Kerr**
Superfight: **Mario Sperry**

Saulo Ribeiro, Ricardo Liborio, Macaco Patino, Jerry Bohlander, Egan Inoue, and Roberto "Roleta" Magalhaes this division packs a punch-and-a-half. Incredibly, Ribeiro won the division last year with a busted medial collateral ligament on the right knee by, as he put it, "using my half-guard game." Riberio has to be considered the early favorite. He is a tremendous competitor who last year was able to do the near impossible, get former world freestyle wrestling champion "Sacha" Savco off balance and score points. Look for a strong push from Liborio, Nino Schembri (who fought in a higher division in ADCC 2000) and perhaps even a "mystery" wrestler yet to be named.

88-98 Kg Division

Over the years, this has been the division that has had the greatest number of surprise winners. After Sperry's first-year win a succession of unknowns have managed to surprise the field and take the cup. Monsen came out of nowhere in '99 to defeat Riberio in a 40 minute war . In 2000, Arona, the winner of the Brazil qualifier, had perhaps the toughest road to victory. After an easy win over Kanehara in the first round, he had to battle former champion Barkalev, then get by UFC champion Tito Ortiz to have the opportunity to unseat Monsen. Both Arona and Monsen had never been heard of outside their own circles until they won here. Look for another unknown to appear and make a big push and surprise everyone for a third straight year. For 2001 keep your eyes on dark horse Ricardo "Cachorrao" Almeida.

98 Kg and Above

The "big boys" division is wide open this year. With Mark Kerr out of the picture and waiting for the Superfight with Sperry, look for Sean Alvarez to battle in the finals with Ricco Rodriguez, who should prevail. These two have had wars since the initial ADCC event and are perfectly matched. Both posses the agility and technique of lighter fighters but with Herculean strength. I don't see anyone else in the division to challenge them except for Ricardo Morais, if he stays healthy throughout the event.

Absolute Division

The Absolute division should be a replay of the 98 kg and above with the addition of "Cachorrao" Almeida. Don't be shocked if Almeida surprises everyone and takes the cake.

The Superfight

This years intriguing match-up will pit the wrestler that knows jiu-jitsu, Kerr, against the jiu-jitsu man who learned wrestling, Sperry. Mark Kerr and Mario Sperry should make this the most exciting Superfight to date. Sperry's strength has always been the top game and the same can be said about Kerr; so it is reasonable to predict that the one who wins the take-down battle will eventually wear the crown. Look for Kerr to take down Sperry and then apply his relentless pressure to win by a guard pass.

Conclusion

No matter how you look at it and who your favorite fighter is, the one thing you can count on with the ADCC tournament is that there will be great matches and great action. Hope to see you there.

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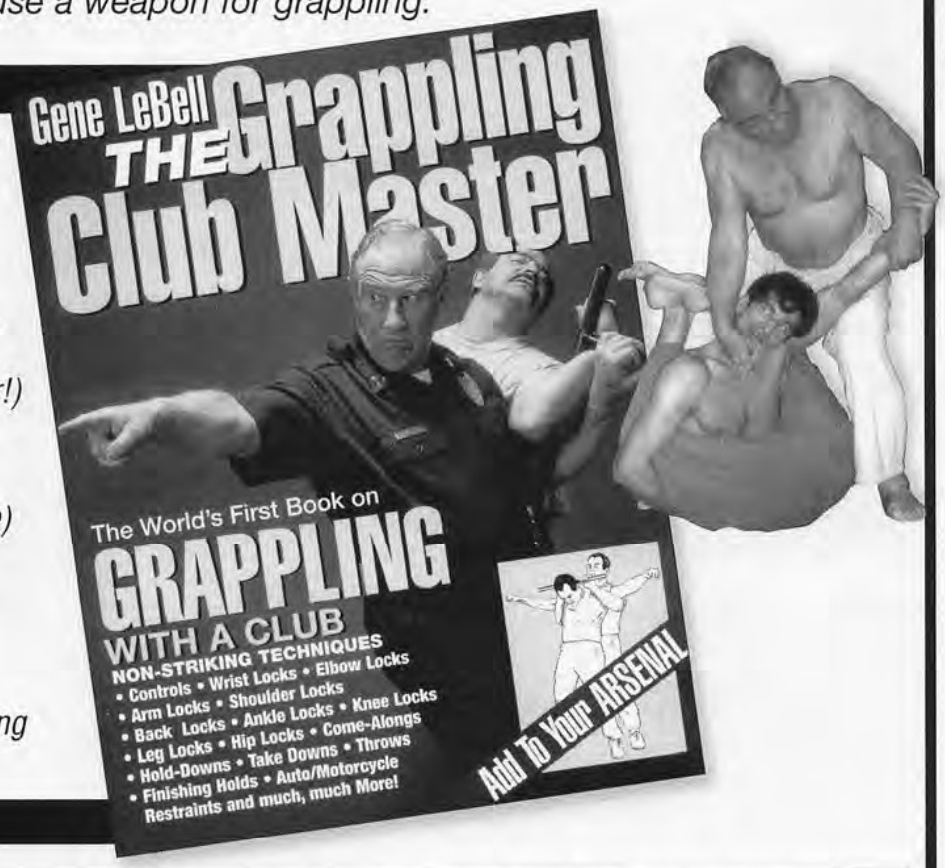
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the fight in my mind. I see myself against the other fighter, and I see him coming at me. I mentally visualize myself in every conceivable situation, and winning in every conceivable situation. In the real world, I've been in many, many matches, it's true. But in my mind I've been in literally thousands of matches. In my mind I've been through it all, every move, every attack, every type of fighter, and every situation. I hold these images in my mind, let my instincts take over, and I win.

I train every day of my life, and I haven't reached my peak yet. I'm not saying you should lift weights every day without giving your body a chance to recover, but you should alternate your various forms of training; weights, stretching, cardio, calisthenics, practicing your martial arts. They're all part of your training regimen.

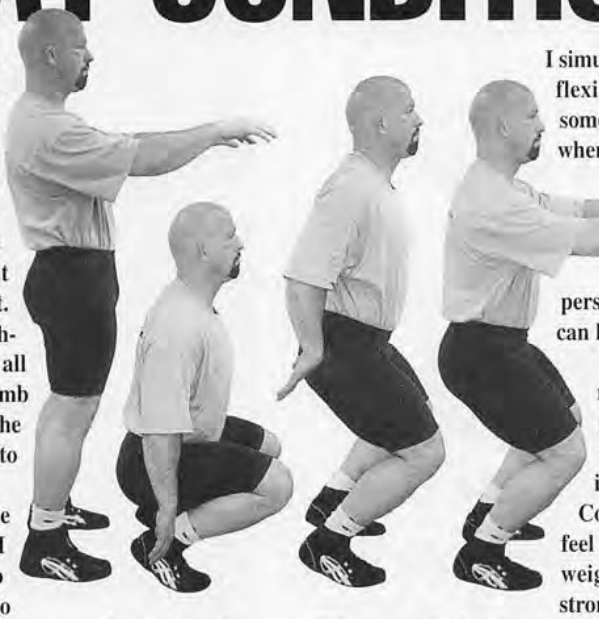
"One of the questions a lot of people ask me, in personal conversations and interviews is, 'Frank, what was the biggest surprise you every had against an opponent.' And the truth is, I've never been surprised. No one's attack or strategy or technique ever took me by surprise because I'd been there before, if not in the real world, in my mind. I can honestly say a fighter who doesn't use visualization is not a complete fighter.

What Lies Ahead

So what's next for Frank Shamrock? Like Alexander the Great, does he weep because there are no worlds left to conquer? Hardly. For starters, Frank recently appeared in an episode of "Walker: Texas Ranger" with Chuck Norris. "I'm definitely going to pursue an acting career," he laughs. "I know every martial artist says that, but I really am. I'm studying constantly, and putting as much effort into making myself an actor as I did into making myself a fighter."

He also wants to share his knowledge with the world. He recently relocated to Southern California, where he teaches in his own school, and completed a set of videotapes in which he reveals his Ultimate Training and Fighting System to the world. "Face it," he says. "People are always looking for the real thing: the best way to train and the best fighting and self-defense techniques. I learned the hard way. Now everybody else can learn without taking the hits," he adds with a laugh.

COMBAT CONDITIONING



Animals in the wild are in far better shape than human beings. Regardless of size, they are stronger, more flexible, and have greater endurance. Yet, they do not push weights or train on mechanical devices. How do these animals get into this kind of condition? They do it by working with their own body weight.

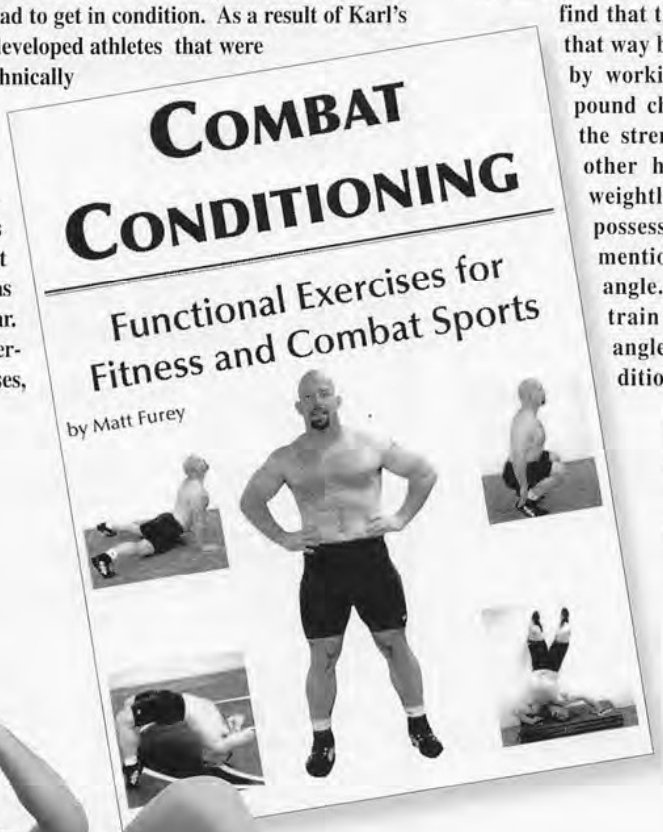
They master their weight by stretching from all directions and from all angles. Animals also run, jump, climb and wrestle. If an athlete wants to get the most out of himself, it is a good idea to copy the way of the animal.

Don't believe me? I don't blame you. I once believed the same. Then I met Karl Gotch, a 1948 Olympian who is revered as the "God of Pro Wrestling" in Japan. Before Karl taught anyone in Japan a single hold, the athlete had to get in condition. As a result of Karl's training method, he developed athletes that were physically and technically superior to those who used other modern-day methods.

None of the exercises Karl Gotch teaches require weights, yet at 75 years of age he has the strength of a bear. Within 30 days of performing these exercises, I simultaneously increased my strength, flexibility and endurance. This is something that I could not accomplish when I trained with weights. Lifting weights can make you stronger, but the strength is usually not functional. The size of a person's muscles does not mean he can hit harder, faster, or more often.

Another amazing fact about this method of training is this: You can give up all weight training for 90 days and simply do the calisthenics I teach in my book, Combat Conditioning. After 90 days, if you feel inclined to test yourself on the weights, you'll note that you are stronger than ever before.

When you look at primates (or any other animals), you'll find that they are incredibly powerful. Did they get that way by lifting weights, or did they get that way by working with their own body weight? A 60-pound chimpanzee, for example, has three times the strength of a human being. An ape, on the other hand, has the strength of 10 Olympic weightlifters. More importantly, these animals possess an ungodly level of strength (not to mention flexibility) from every position and angle. If you follow the way of the animal and train your body from every position and angle, you'll soon be convinced that this conditioning method is the best.



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it." It seems that with this victory, that Comprido has stamped his passport to the ADCC championships.

2000 Day Four – Black Belt Preliminaries

The final day saw the most complete line-up of black belts ever to fight in a single competition. Despite the absence of Royler Gracie and Ze Mario Sperry due to injuries, and Ricardo Liborio and Murilo Bustamante withdrawing, both still grieving from the tragic death of a teammate the day before, the line up was stacked. All the athletes from the Absolute entered, plus quite a few more name fighters. The competition was so tremendous that many times, there were great fights going on at the same time in all four rings. It was hard to follow the frenetic pace of the action. Just when you thought it was not possible for this tournament to get any better, it did. It was just fantastic, with the place packed full of people including the different academies' organized fan sections. Alliance, Nova Uniao, Gracie Barra, and Gracie Humaita had full-on cheering sections with giant flags and drums to support the fighters and also to annoy the opposing academies, chanting all the time when one of their fighters was competing. There were so many great fights that an entire magazine could be written about this day alone.

Nino vs. Charuto: Nino pulled guard and immediately started pulling his leg over Charuto's head for an *homoplata* (shoulder lock), Charuto rolled out to escape and Nino simply took the arm bar. Less than one minute and the fight was over. Shaolin defeated Leozinho via a takedown, while on the opposite mat, Leo Santos, the Pan American lightweight champion, and Marcio Feitosa, the reigning world champion were locked in battle. The two butted heads for the entire match with Feitosa taking the decision by advantage. Then Ze Mario "Esfiha" defeated Rigan Machado 5-0 by takedown and guard pass. Rigan looked like he lacked the sharpness that only comes with regular competition.

American B.J. Pen was now into his run for the world title, and he defeated Soca Carneiro, then continued his unprecedented march by eeking out a win over Fredson Alves, and then defeating Edson Diniz in the Featherweight division final by a sweep. B.J. is the first non-Brazilian to win a world title as a black belt.

The fight of the tournament occurred in the Medium Heavyweight division, and once again it was Margarida against Cachorrinho. Cachorrinho came back with a different strategy this time. He controlled Margarida's hips and managed to pass the guard for an early lead. Margarida would then reverse and either pass the guard or almost do it. He got Cachorrinho in an arm bar and the fight appeared to be over – but Cachorrinho managed to escape one more time and had new life. He proceeded to attack and got to Margarida's side after a guard pass. The fight ended with Margarida ahead on points in one of the best fights that anyone has ever witnessed.

2000 Day Four Black Belt Title Matches

Super Featherweight –
Robinho def. Parrumpinha

Before the fight begin, they looked as if they were in a NHB fight, staring into each other's eyes, almost nose to nose. The crowd went wild until the match finally started. After few moments standing, Robinho pulled Parrumpinha to his guard. Parrumpinha started to pass Robinho's guard, but Robinho did one of his sweeps and Parrumpinha went down for a 2-0 disadvantage. Parrumpinha didn't like that situation and at the first opportunity stood up. Robinho then immediately pulled Parrumpinha back into his guard. Robinho almost got another sweep but Parrumpinha prevented it. Parrumpinha continued trying to pass Robinho's guard until the end of the match.

Featherweight –
BJ Penn def. Edson Diniz

When the referee said "Fight!" they both tried to pull guard at the same time. Edson decided to go on top and attempted to pass BJ's guard. He got the early advantage by rule but that move proved to be a grave mistake. Edson tried to pass the guard for a while and all of a sudden BJ went for a sweep and had

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Edson on the ground for the 2 points. BJ was went on top, attempting to pass Edson's guard. Edson has an excellent guard, however, and even tried a choke for a 2nd advantage. BJ got to the half-guard and got an advantage. He then proceeded to work Edson and eventually passed the guard. After that, he controlled the fight. Edson managed to get a good foot lock in, but BJ escaped and won. He became the first non-Brazilian to ever win in the black belt division.

Lightweight –
Shaolin def. Feitosa

This was the most controversial match of the entire tournament. Feitosa scored several advantages and seemed to stall a little at one time. Referee "Toco" warned him to move, then he stood the fighters up. The fight went to the ground again with Feitosa in Shaolin's closed guard. Feitosa got warned again and advantage was given to Shaolin. This repeated several times. Not to take anything away from Shaolin, who is a great champion, but both he and Feitosa stalled at the same time and the general consensus was that the referee erred by punishing Marcio as he did.

Mediumweight –
Terere def. Nino

After a great tournament, Nino ran into Terere in the finals. Nino's game is on the ground and he tried to stay with Terere in the stand-up game and got taken down for points and that seemed to throw his game out of sync. Terere is certainly one of the top young stars and controlled the rest of the fight for the title.

Continued on page 95

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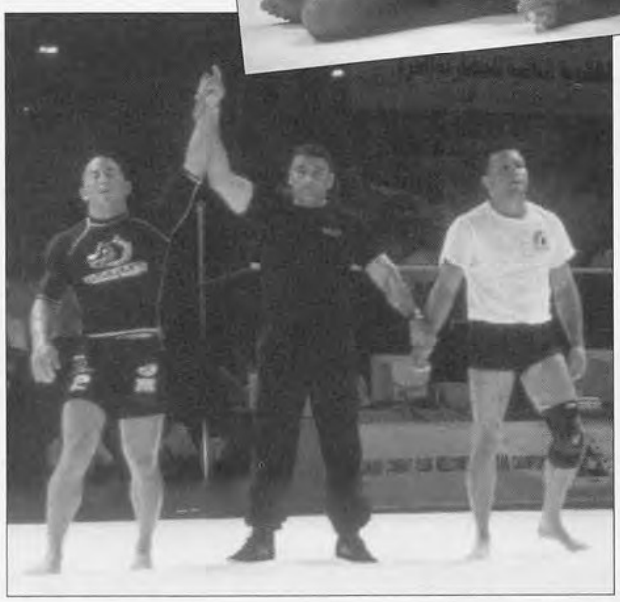

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Brazilian Jiu-Jitsu

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Medium Heavyweight –
Roleta def. Margarida

Roleta pulled guard and used his entire arsenal to keep Margarida off balance. Margarida attacked Roleta's feet and knees several times and Roleta used those opportunities to reverse him. At one time it seemed that Margarida had Roleta's foot for sure, but Roleta managed to somehow escape. Roleta won 6-0.

Heavyweight –
Fabio Gurgel def. Ricardo Arona

This match pitted the current ADCC under 97 kg champion against a former world champion. Gurgel has been around for quite a while and Arona is one of the young lions, but Gurgel used all of his experience to take this fight to Arona. He did a takedown and then controlled the younger Arona . He then methodically worked his way into passing Arona's guard for a complete and undisputed victory. With this surprise victory, Gurgel has established himself as one of the all-time jiu-jitsu greats at any weight.

Super Heavyweight –
Saulo Ribeiro def. Daniel Simoes

Once again, Ribiero showed everyone why he has so many titles and is considered the best jiu-jitsu competitor in the World. He gained half-guard on Simoes and started to squeeze and gain position inch by inch. Simoes, feeling the pressure,

Continued on page 96

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exploded to escape and Ribeiro took advantage of the explosion to gain better position. After another exchange, Ribeiro placed Simoes into his guard, and then controlled the arm and the opposite leg and went for a traditional Ribeiro sweep. He had just about completed the sweep when Daniel based to avoid the points, Ribeiro was like a lion going for the kill and quickly took Daniel's back and tried to work on a choke until time ran out.

Overweight –
Leo Leite x Aurelio Fernandez

These two judo guys going at it in an a typical final. Leite won on aggressiveness as the fight ended without any points.

Conclusion

There were many great fighters at the 2000 Mondial. Robinho and Omar are almost guaranteed winners every time they compete. They both overshadow the competition in their respective weight classes. Omar has been the class of the rooster division for the last two years and Robinho's domination of the Super Featherweight division with five world titles (one as purple belt and four as black) is undisputed. B.J. Penn showed that he belongs in the Black Belt division without a doubt, having just graduated to that level and winning his first competition as a black belt – and the world title, no less (as Robinho did his first year). Other notable included Terere, for having defeated the incredible Nino in the Middleweight division; Roleta, for stepping back on the top and defeating Margarida in the finals; and the incredible performance by Fabio Gurgel. Gurgel had been so sick that he couldn't train for ten days prior to the competition, and yet still managed to defeat ADCC Champion Ricardo Arona.

The Best of the Best

There were three fighters, though, that stood out above all the rest. **Rodrigo "Cumprido" Medeiros**, won the Absolute for the second year in a row! He is one of the nicest people you will ever meet and a great champion to boot – a technical, powerful fighter who is also a masterful tactician. **Saulo Ribeiro** has now won five different world titles (the first was shared) in the Light, Medium, Medium Heavyweight, Heavyweight, and Super Heavyweight divisions. He is the best competitor out there, no doubt. His fight strategy is flawless and when the opportunity presents itself, he moves like a tiger to the kill. This year he had a major set back in Japan, losing to Yuki Kondo in Coliseum 2000 and had many injuries. Many doubted him. But he went up one a weight division again and simply ran over everyone. And consider the fact that he broke two fingers on his right hand about two minutes into the first fight! Despite the fact that he ended up with two seconds, **Fernando "Margarida" Pontes** he has to be the story of this tournament. He took-on everyone and went for the finish every time, without regard for points most of the time. He submitted many and beat several of the top guys in the world all in two days. Not bad for a 21-year-old!

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Like the other styles of Chinese martial art, Tai-Chi was born of combat. A complete fighting system, Tai-Chi includes deceptive kicks, relaxed punches, powerful throws, and painful locks. Mark Cheng, one of Tai-Chi's exciting young instructors and scholars, has researched the applications of the Yang style long form since his childhood. He illuminates many of the secrets of full-body fighting in combat Tai Chi.

Volume 1: Basic Drills & Straight Line Theory
The foundation for your Tai-Chi training. Techniques of the first section of the Yang style long form in fine detail.
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FEATURING NORMAN LEFF

Norman Leff started training as a teenager, more than 50 years ago, and rapidly attained proficiency in several systems. While working as an English language instructor in South America, Norman met a man named Kenji Tanaka. Tanaka, a former Japanese Imperial Marine, was well versed in the aspects of jiu-jitsu not conventionally taught to the public, even in Japan! For several years Norman trained under Tanaka-sensei, and today he holds the rank of headmaster in this rare and dynamic system of jiu-jitsu.

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FEATURING GERALD OKAMURA

Many martial artists consider Kung-Fu San Soo the ultimate expression of free-fighting. Gerald Okamura trained for over 25 years with the late San Soo Master Jimmy H. Woo, now brings the principles of this devastating martial art to the public!And, as a special bonus, at the end of every tape Gerald, who also has an extensive background as a stuntman and stunt coordinator, reveals The Secrets of Movie Stunts.

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The underlying strategies used to make any unarmed combat art more effective.
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How you can turn anything you can pick up into an effective weapon!
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CHRIS KENT'S JEET KUNE DO FROM A TO Z

FEATURING CHRIS KENT

Chris Kent began his training more than 25 years ago as one of Dan Inosanto's original "backyard" students. He has trained in literally every phase and facet of JKD, from the methods that were taught immediately after Bruce Lee's death to the "concepts" approach of today. He is considered one of the world's most knowledgeable JKD instructors.

In this one-of-a-kind video series, Chris Kent brings the student back to basics, and introduces the scientific fighting principles developed and used by Bruce Lee himself.

Tape 1: Mastering the Basics.
A wealth of knowledge from how to stand, how to move, the "lead-hand" ready position to body alignment and mobility.
#JKDK01 • $39.95 • 58 min.

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Tape 3: Scientific Fighting
Learn the various types of attack, timing, feints and distraction. Chris offers detailed explanation of the concepts Bruce Lee spent most of his life formulating.
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Tape 5: Know the Moment
In this tape, Chris introduces one of the most advanced and "mysterious" levels of JKD training, "knowing the moment." Learn when to move and when not to move, and the principle of the "intercepting fist," where the best defense is a well-timed offense.
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COMBAT MUAY THAI

FEATURING WALTER "SLEEPER" MICHALOWSKI

Over the centuries, Muay Thai has, justifiably, earned a reputation for being one of the world's most effective martial arts. Prior to this tape series, Muay Thai training videos have been limited exclusively to training for sport competition. Now, this gap has been closed, as multi-titled Muay Thai champion Walter "Sleeper" Michalowski shares the practical applications of Muay Thai for fitness and self-defense.

Volume 1: Conditioning and Bag Drills
The exercises and drills found in Muay Thai can make anyone stronger, faster, more limber, with quicker reflexes. In the first tape, Walter takes you through the unique Thai training methods, not found in any other martial art.
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Volume 2: The Thai Pad Workout
The cornerstone of Muay Thai training is the use of the Thai Pads. Thai Pad training develops power, speed, response time, hand and foot synergy, coordination, eye and body harmony, timing, and virtually every attribute of the fighter.
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Volume 3: Fitness and Self-Defense
In this one-of-a-kind tape, Walter reveals his training secrets and some of his best street techniques. Walter and his personal trainer take you into the gym, and show you how to use "The Sleeper Machine" and the unique training exercises designed by and for Walter to build lightning strength and speed. Then it's outside for conditioning. And, finally, how to use one of the world's most effective martial arts to defend yourself and others!
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COMBAT WING CHUN

WITH ALAN LAMB

Wing Chun is one of the most mysterious and effective forms of Kung-Fu ever developed. It's unique training exercises and principles give the practitioner the ability to often overcome larger and stronger opponents, as well as "first strike" speed. Alan Lamb, a Hong Kong trained instructor of Wing Chun with over 30 years of experience now brings this unique system into the 21st century.

Tape 1: Wing Chun vs. The Street Fighter
Alan Lamb teaches how to use the principles of Wing Chun against the unpredictable. Learn how to deal with literally every form of attack from the "sucker punch" to the "flurry" to the "tackle."
#CWC01 • $39.95 • 41 min.

Tape 2: Wing Chun vs. The Martial Artist
In today's society, it is very likely that an attacker may have some form of martial arts training. In this tape, Alan Lamb teaches how to defend against a trained attacker, and utilize the principles of Wing Chun to defeat and completely neutralize the attacker's techniques.
#CWC02 • $39.95 • 44 min.

Tape 3: Overcome a Larger, Stronger, Opponent

Alan Lamb reveals the strategies used in Wing Chun to overcome a larger opponent, as well as multiple attackers. As evidence of the unique training drills of Wing Chun, Alan has included, in this tape, and incredible demonstration of blindfolded Chi Sao (sticky hands).
#CWC03 • $39.95 • 61 min.

TIM CONNOLLY'S GOLD MEDAL TAE KWON DO

FEATURING TIM CONNOLLY

Tim Connolly is one of the most renowned Tae Kwon Do instructors in the world. In addition to being a world champion in his own right, Tim is currently a member of the Olympic Committee.
Now Tim shares his fundamental principles of winning Tae Kwon Do with you. Tim reveals the secrets he used to turn the untrained Chinese athletes into world class competitors. Is there a Gold Medal in your future?

Tape 1: Mastering the Basics

In this tape, Tim Connolly reveals all the basics needed to build a strong foundation, such as kicks, strikes, and basic motion. Through step-by-step, instruction, Tim shows you how to fine tune your moves.
#GTKD01 • $39.95 • 54 min.

Tape 2: Developing your Tools

In this tape, Tim continues to develop your basic skills. He instructs you in the all-important fundamentals of timing, distancing and reveals his arsenal of effective drills for developing these skills.
#GTKD02 • $39.95 • 55 min.

Tape 3: Intermediate Drills

Tim Connolly brings you a series of drills designed to further enhance your skills. He then takes you into specific situations and teaches you how to identify and anticipate various forms of attack and defense.
#GTKD03 • $39.95 • 45 min.

Tape 4: Sparring Techniques and Strategies

"Controlling the game." Tim reveals his winning approach to sparring. He teaches how to maintain control of the match, and instantly read your opponent's intent. A MUST for any serious competitor!
#GTKD04 • $39.95 • 54 min.

Tape 5: More Advanced Sparring Strategies:

Tim progresses into more advanced strategies, including how to recognize and overcome your opponent's strategy.
#GTKD05 • $39.95 • 45min.

Tape 6: Advanced Kicking Drills

An amazing series of kicking drills which can be practiced by beginners, but will be a challenge even for the advanced. Tim and his team of world champion black belts reveal their own unique personal drills, and how YOU can follow in their footsteps.
#GTKD0 • $39.95 • 51 min.

KALI ILUSTRISIMO

FEATURING CHRISTOPHER RICKETTS

Kali Ilustrisimo is a highly effective system of Filipino martial arts. Presented by the First Generation Senior Students of the art, this unique style is demonstrated and explained in detail by Senior Instructors Christopher Ricketts and Rey Galang. The Kali Ilustrisimo videotape series finally makes public the much sought after and respected art of the late Grandmaster Anotonio "Tatang" Ilustrisimo.

Tape 1: The Foundation

Volume 1 covers the basic strikes, stances, footwork and techniques of Kali Ilustrisimo. This tape covers the secrets and techniques of Bagsak, Lastiko, De Cuerdas, Patapyas and many others.
#KALL01 • $39.95 • 33 min.

Tape 2: Drills and Blocks

Volume 2 demonstrates the drills and blocks of the art. Presented are the techniques of Estrella, Media Fraile, Pluma, Cadena Real, and others. This tape also includes disarming techniques. Master Galang demonstrates and explains the fundamental double stick drills and techniques.
#KALL02 • $39.95 • 40 min.

Tape 3: Flowing Drill and Fighting Grips

Volume 3 presents in detail the highly effective signature flow drill (cuatro cantos) of Kali Ilustrisimo. Discover the unique training methods and techniques that made Kali Ilustrisimo a much sought-after and respected art.
#KALL03 • $39.95 • 38 min.

Tape 4: Espada y Daga

Volume 4 presents the art of Espada y Daga, as practiced and taught in Kali Ilustrisimo. Master Ricketts demonstrates the art of Dos Manos as well as numerous techniques of knife defense.
Master Rey Galang unveils Tulisan, the knife fighting art of Kali Ilustrisimo. This tape also includes a demonstration of the execution and application of the Tulisan knife forms Alas and Lengua de Fuego.
#KALL04 • $39.95 • 45 min.

GRANDMASTER LEE KAM WING'S NORTHERN MANTIS KUNG-FU

FEATURING LEE KAM WING

As legend has it, a well known fighter was badly defeated. While on the ground, recovering from his wounds, he witnesses the motions of a praying mantis stalking and capturing its food. He studied the motions of this unique insect for many years, duplicating the speed, stealth and timing. Ultimately, he created a system which is said to have made him unbeatable.

Tape 1: Beginning Crushing Step

This tape reveals the "Crushing Step" (Bombo) form of Mantis Kung-Fu. Grandmaster Wing takes the student through all of the moves from several different angles, then explains all of the various applications.
#MANT01 • $39.95 • 47 min.

Tape 2: Intermediate Big Wheel Fist

The Big Wheel Fist form (Dan Fa Che)is shown from various angles, giving the student a clear view of every move. Plus step-by-step instruction in the deceptive footwork and body positioning, and lightning fast strikes of Dan Fa Che.
#MANT02 • $39.95 • 51 min.

Tape 3: Advanced Peach Flower Fist

In this tape, Grandmaster Wing's top students first perform the two-man set, then demonstrate the applications of this unique form. Step-by-step instruction in timing, sweeps, strikes, feints, evasions and other attributes.
#MANT03 • $39.95 • 52 min.

MONKEY KUNG-FU

FEATURING PAULIE ZINK

Master Paulie Zink is one of the Western world's leading instructors of this unusual Chinese martial art. Now, the "Monkey King of America" brings the art of Tai Shing Pek Kwar to the public in this one-of-a-kind series of home videos. Master Zink demonstrates the fundamental, intermediate, and advanced techniques of one of China's rarest and most effective fighting systems.

Volume 1: Monkey Kung-Fu Staff

In this dynamic tape, America's Monkey King teaches the numerous aspects and training methods of the Tai Shing Pek Kwar staff form. You will learn how to hold the staff properly, numerous staff exercises, self-defense applications, and finally, the complete Pek Kwar staff form.
#MON01 • $39.95 • 35 min.

Volume 2: Fundamentals and Advanced Training

In this volume, Master Zink provides a detailed breakdown of both the basic and advanced techniques, movements, stances and exercises of both Tai Shing (Monkey) and Pek Kwar (Ax Fist) Kung-Fu. This series of movements must be mastered before the student can perform the complete Monkey art.
#MON02 • $39.95 •53 min.

Volume 3: Forms and Applications: Mi Chung

Mi Chung, known as the "duck" and "drake" form, is an intricate Pek Kwar form that demonstrates both long-range and short-range strikes and movements. Master Zink explains the techniques of this form, which was originally developed by Monkey Grandmaster Ken Tak Hoi.
#MON03 • $39.95 • 37 min.

Volume 4: Forms and Applications: Small Plum Blossom

Small Plum Blossom is an advanced Pek Kwar form, invented by Pek Kwar founder Ma Chai Ho. This form provides a combination of both short arm and long arm strikes and kicks.
#MON04 • $39.95 • 37 min.

Volume 5: Forms and Applications: Leg Sweeping Form

Leg flexibility and movements are featured in Monkey Kung-Fu's leg sweeping form.
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Volume 6: Forms and Applications: Tei Tong
The Tei Tong (great earth) form is a must for serious Monkey kung-fu students. This "ground rolling" form is a prerequisite for learning the movements used in Monkey kung-fu, and is filled with ground rolling techniques and low postures.
#MON06 • $39.95 •36 min.

Volume 7: Fundamentals of Taoist Yoga
Taoist Yoga is an integral part of the Monkey style. Master Zink demonstrates a variety of flexibility training and internal breathing exercises. You will also learn a variety of sitting, walking and breathing exercises, and the Five Transforming Energies.
#MON07 • $39.95 • 57 min.

ESSENCE OF NGO CHO KUN

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Ngo Cho Kun (five ancestor fist kung-fu) originated in the late 1800s in Fujian province, China. It was the brainchild of an accomplished martial artist named Chua Giok Beng. Always looking for the most efficient techniques to combine into the perfect fighting art, Beng finally settled on the techniques of five famous Chinese martial arts: Peho (Fujian white crane), Kao Kun (monkey boxing), Tai Cho (grand ancestor boxing), Lohan (internal Buddhist boxing), and Tat Chun (Damo's iron-body training).

Volume 1: Sam Chien and Li Sip Kun
This tape includes: History and development•Three basic stances and five basic footwork movements •Demonstration and classification of the long and short, single- and double-hand techniques •The opening and closing sets of all Ngo Cho Kun empty-hand forms •Breakdown and demonstration of the Sam Chien ("Three Wars") form and Li Sip Kun ("20 Punches") forms
#NGO01 • $39.95 • 49 min.

Volume 2: Tien Te Lin Chien and Sang Sau Kun
This tape includes: •Intermediate stances and footwork •Breakdown and demonstration of the Tien Te Lin Chien ("Heaven, Earth, and Man Tension") and Sang Sau Kun (Double Roundhouse Fist") empty-hand forms.
#NGO02 • 49 min.

Volume 3: Pieng Me Chien and Se Mun Pa Kat
This tape includes: •Intermediate stances and footwork •Breakdown and demonstration of the Pieng Me Chien ("Even Stance Tension") and Se Mun Pa Kat ("Hitting the Four Directions") empty-hand forms.
#NGO03 • $39.95 • 41 min.

Volume 4: Hong Be Chien and Se Mun Kua Sau
This tape includes: •Advanced stances and footwork •Breakdown and demonstration of the Hong Be Chien ("Phoenix Tail Tension") and Se Mun Kua Sau ("Sweeping the Four Directions") empty-hand forms.
#NGO04 • $39.95 • 51 min.

PAI LUM TAO

FEATURING GRANDMASTER GLENN C. WILSON

Grandmaster Glenn C. Wilson is a direct disciple of the late legendary Great Grandmaster Dr. Daniel Kane Pai. He will walk you through the traditional movements of this most fascinating style—Pai Lum Tao. Walk down the path of a Pai Lum Warrior as you learn the virtues of the system three disciplines of Pai Te Lung Chuan Kung Fu, Bok Leen Pai Kenpo and the Pai Yung Internal art of Kuan Yin Chi Kung.

Pai Lum Tao's Ling Wood Chuan Form - Kung Fu
Ling Wood Chuan is Pai Lum Tao's "Fast and Accurate Fist Form" and is a long range form found in the basic curriculum of Pai Lum Tao's Kung Fu discipline. This Form will develop intricate footwork, coupled with powerful crushing fist and slicing blade hands. From it's flexible snake movements to it's disciplined one leg crane, the stances of Ling Wood Chuan will enhance and build a stronger foundation.
#PAI01 • $39.95 • 56 min.

Pai Lum Tao's Ghost Fist Techniques - Kung Fu, Intermediate Level
One of the most fascinating aspects of marital arts is the practice of the Ghost Fist Techniques. Learn to float past an attacker where they become the prey and you transform into the predator. This effortless swirl of energy, which explodes into the attacker, is found in the intermediate and advanced training of Pai Lum Tao's Kung Fu discipline of Pai Te Lung Chuan.
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Pai Lum Tao's Short Tiger Form - Kenpo
The "short hand" training of Pai Lum Tao is the discipline of Bok Leen Pai Kenpo. This Kenpo training begins with Short Form of the Tiger and Movements of the Tiger. Here both forms have been run together to teach the very power of Pai Lum Tao.
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Pai Lum Tao's Kuan Yin Form - Chi Kung
These ancient breathing patterns are found at the very nucleus of Pai Lum Tao's internal discipline of Pai Yung - Kuan Yin Chi Kung. Stress is cast out while one develops deeper breathing motions, which create more energy balanced with a state of calmness.
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SAGASA - FILIPINO UNARMED COMBAT

FEATURING CHRISTOPHER RICKETTS

Sagasa Karate/Kickboxing is a Filipino system of unarmed combat based on the principles and concepts originated by Dr. Guillermo Lengson of the Karate Federation of the Philippines (KAFEPHIL). Bakbakan International's Chief Instructor Master Christopher Ricketts presents the art of Sagasa assisted by Bakbakan Seniors Rey Galang and Eugene Pelegrin.

Volume 1: Basic Stances, Kicking Drills and Series Principles
Volume 1 introduces the concept of Series; a groundbreaking training method that has made Bakbakan fighters a force in both point and contact sparring. Learn the basic stances, their applications, and integration. This tape also includes Bakbakan's kicking drills and the foundations and fundamentals of the dodging drills. The quintessential Sagasa Series 3 and 4 are presented in detail.
#FIL01 • $39.95 • 42 min.

Volume 2: Series Principles and Training Methods
The strategy and concept of straight dodging as well as the scissors drills are discussed in detail. Volume 2 includes the Crane Attack and Series 5 and 6. Master Ricketts discusses and demonstrates boxing fundamentals and the principles of power and speed training.
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FEATURING ALEX CO

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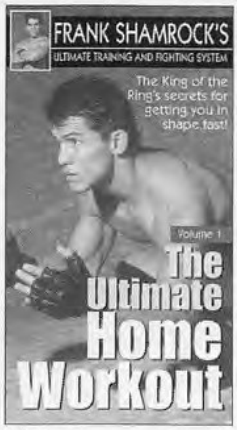
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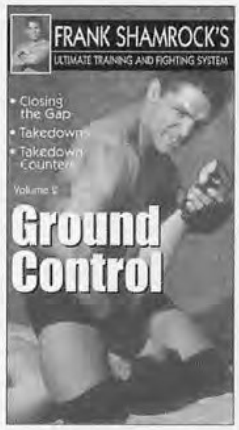

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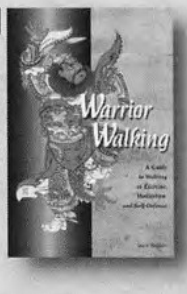

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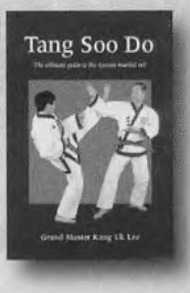

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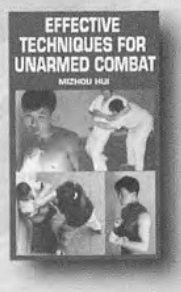

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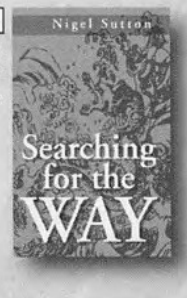

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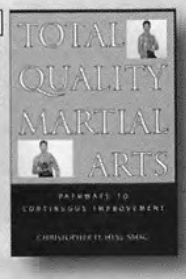

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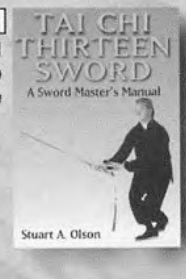

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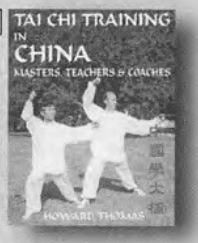

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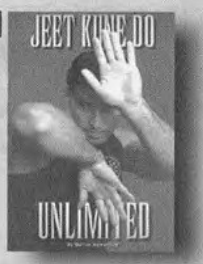

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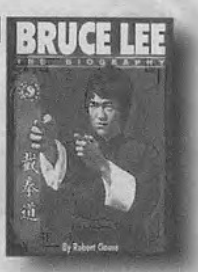

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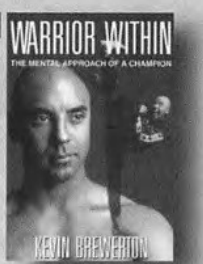

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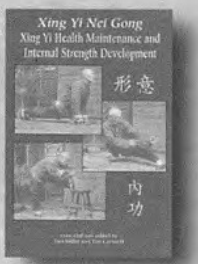

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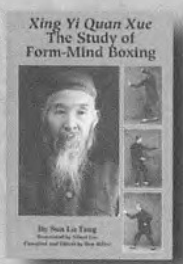

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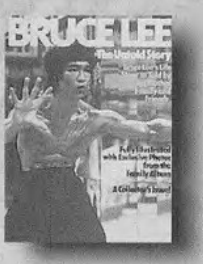

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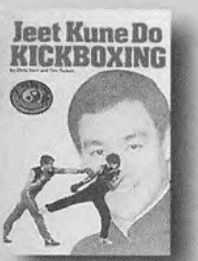

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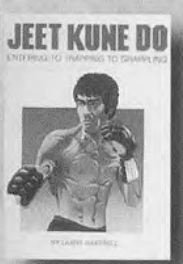

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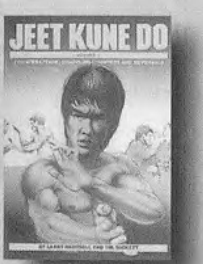

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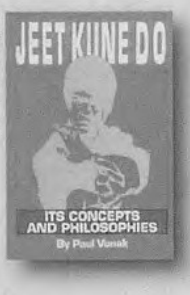

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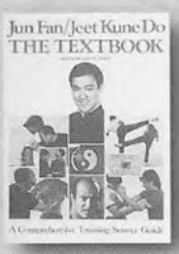

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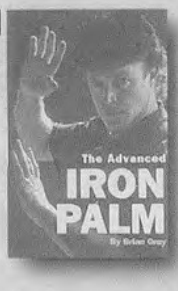

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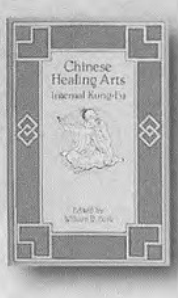

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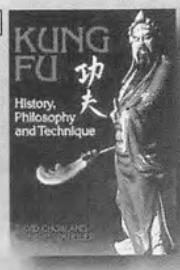

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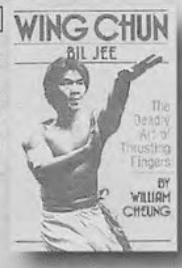

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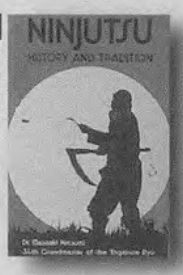

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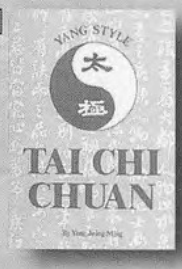

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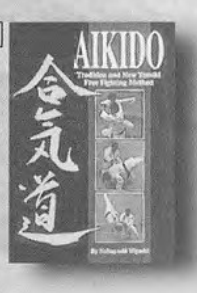

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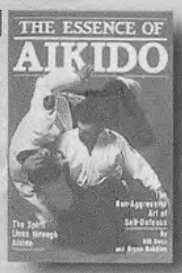

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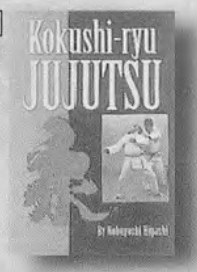

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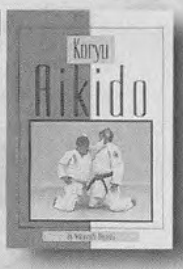

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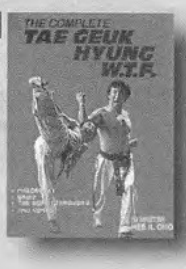

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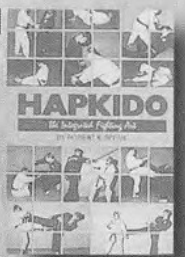

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Sakuraba

Continued from page 39

arm lock. "This is one of his strongest positions," Renzo said. "He holds the arm and tries to invert in a Kimura. But as I was trying to escape, my arm was caught in the middle, and it popped out of the place."

Up until then, Renzo was satisfied with how the fight had gone. "It was going very good. Hitting from here, hitting from there. It was fun. It was the most fun that I had until today. Until the arm lock, I believe it was a draw. We would have had five more minutes of fun, I think."

A true champion in victory or defeat, Renzo had nothing but good things to say about Sakuraba. "He's a very good fighter. He's really good on the standup, really good on the ground. He's a smart fighter, even though a lot of people think that he is very naive. He is not. He is able to close all the holes to defend himself. He plays a very smart game, has a very good endurance, and is very strong physically. Congratulations to him."

As I left Renzo's dressing room, I saw Sakuraba, his thigh and ankle iced courtesy of Renzo's kicks, walking down the stairs backstage, still in his orange shorts. Would that I spoke Japanese or had a Japanese translator. What is apparent in any language, though, is that Japan has clearly established itself as the number one place in the world for mixed martial arts. This country has neither the economic disadvantages of Brazil nor the political roadblocks of the USA. Many fighters make a six figure living here, which is why so many Americans and Brazilians have jumped to Pride.

There is an old cliche that "anything can happen in a fight." Sometimes these cliches have longevity because, however artlessly, they reveal truths. Consider this bout, and how it ended. Sakuraba won this battle – again – but I predict that the mixed martial arts war with the Gracies is far from over.

Eddie Goldman is the host of a daily Internet combat sports talk show called "No Holds Barred" on eYada.com.

Shamrock hammered Fujita often and early.

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Volume 4
Katate Tori Ryote-Mochi–Against 2-Hand Grip • Ryote Tori–Against 2-Hand Hold • Practice Serenity • Rei-Gi Saho–Etiquette in the Dojo • Koshinage–The Hip Throw • Words of a Zen Master • Words of Tesshu the Swordsman.
AIK04 • $39.95 • 56 min.

Volume 5
Going With the Flow • Suwari-Waza Kihon–Basic Techniques from Sitting Position • Gokyo-The 5th Control Against Knife Attacks • Hanmi Handachi–Sitting Techniques Against Standing attacks • Kokyu Dosa–Sitting Ki Development • Katatori– Against Shoulder or Lapel Attacks • Su-Nin-Kake–Negotiating Multiple Attackers • Go-Nin-Kake-Randori–Freestyle Against 5-Man Attack
AIK05 • $39.95 • 56 min.

Volume 6
Tsuki–Against Strikes and Punches • Yokomenuchi–Against Strikes and Punches from the Side.
AIK06 • $39.95 • 58 min.

Volume 7
Shomenuchi–Against Direct Thrusts • Ushiro-Waza–Basic Techniques Against Attacks from Behind: Ushiro Katatetori Kubishime–Choke from Behind, Ushiro Ryote-Tori–Both Hands from Behind, Ushiro Ryohiji-Tori–Both Elbows from Behind, Ushiro Ryokata-Tori–Both Shoulders from Behind.
AIK07 • $39.95 • 56 min.

Volume 8
Atemi Waza–Use of Striking in Execution of Techniques • Negotiating Kicks • Tanto Tori –Strategy Against Knife Attacks • Aiki-Ken–Sword Training Fundamentals.
AIK08 • $39.95 • 54 min.

Volume 9
Jo-Introduction to Long Staff Fundamentals • Black Belt Examination Requirements.
AIK09 • $39.95 • 56 min.

THE WORLD OF AFRICAN MARTIAL ARTS
FEATURING AHATI KILINDI IYI

Part 1: Empty Hands
Kilindi Iyi, head instructor of the Ta-merrian Martial Arts institute, teaches a blend of ancient and contemporary African fighting. This tape emphasizes forms from traditional African dance. Learn concepts like the circle, straight line and sucking power, the use of elbows and knees, sensitivity drills and grappling.
WAF1 • $39.95 • 52 min.

Part 2: Weapons
In this tape, Iyi explores two types of African stick fighting. Learn basic stick patterns, blocks, strikes and the concept of the third stick. Demonstrated is a freeflow form derived from dance movements to develop your rhythm, timing and reflexes. Various techniques for long-range, close-range as well as empty hands vs. the stick are shown.
WAF2 • $39.95 • 52 min.

NINE DRAGON BAGUAZHANG FOR STREET COMBAT
FEATURING CAPT. JOHN PAINTER

VOLUME 1: TRAINING PRINCIPLES-Stances •Postures • Palms •Linear Forms
This tape takes you step-by-step through the stances, postures and eight palms. You'll learn Capt. Painter's principles of developing Jing (mind/body internal force) for sensing and emitting power for each of the eight palms in their yin and yang aspects.
BAG01 • $39.95 • 60 min.

VOLUME 2: TRAINING PRINCIPLES-Walking the Circle and Combat Games
Tape two takes you through the foot patterns, circle walking, postures and eight palms to help you develop the circular combat power of Nine Dragon Baguazhang. Learn the principles of developing Jing (mind/body internal force) for neutralizing and striking or pushing power for each of the eight baguazhang palms.
BAG02 • $39.95 • 58 min.

VOLUME 3: HAND TO HAND TACTICS
Tape three focuses on the internal/external power of Nine Dragon Baguazhang's Fire and Thunder Palms to neutralize and counter strike with tremendous force to any street fighter or martial artist attacking with strikes and kicks. You will learn the Baguazhang total body weapon concept and mind and body principles of combat preparedness.
BAG03 • $39.95 • 58 min.

VOLUME 4: QINNA Locks •Throws •Projections
Tape four focuses on the mind/body power of the Heaven and Lake Palms. You'll learn the use of your palms, arms, torso and legs to seize pressure & nerve points, lock joints, break limbs or throw an enemy who is attempting to choke, grab, hold, strike or kick you. Learn to use the power of the guiding, sticking energies with the smooth or pulse emitting Jing (Mind/Body internal Force) to easily throw an opponent many feet away from you.
BAG04 • $39.95 • 57 min.

VOLUME 5: DEFENSIVE TACTICS AGAINST CLUBS
Tape five features whole body powers of the Water and Wind Palms as used in a life or death struggle with a weapon wielding opponent. Learn to recognize safe zones, establish distance, neutralize, counter and disarm a street fighter with a staff or club.
BAG05 • $39.95 • 55 min.

VOLUME 6: DEFENSIVE TACTICS FOR KNIVES AND EDGED WEAPONS
Tape six features whole body powers of the Earth and Mountain Postures as used with an opponent armed wth an edged weapon. Learn to recognize safe zones, establish distance, neutralize, counter and disarm a street fighter armed with machete, fighting knife, broken bottle or a hidden small blade.
BAG06 • $39.95 • 57 min.

NÔK-OUT VIDEO SERIES
FEATURING SEAN O'GRADY

In this Nok-Out video series, former lightweight champion of the world Sean O'Grady puts you through his proven boxing workout and training regime. By utilizing the techniques taught in this series you'll be able to perform an efficient, highly beneficial aerobic workout while pursuing your dream of becoming the next boxing champion of the world.

IN TRAINING
Warm-up, Workout and Cool down Exercises • Fighting posture • Dominate and passive punches • "Joe Lewis Shuffle" • Punching with leverage • Regulating your breathing • The Jab • 1-2 Punch • Punch cycle.
NOK01 • $19.95 • 35 min.

COMEBACK
Warm-up, Workout, and Cool down Exercises • Conditioning • Wrapping your hands properly • Offensive and defensive jab • The Hook • The Cross • The Dempsey Roll • Jumping Rope.
NOK02 • $19.95 • 32 min.

LET'S RUMBLE
Warm-up, Workout, and Cool Down Exercises • Sparring Techniques • Shoeshine Punch • How to Parry punches • Pressure points • Handball warm-up exercise • Combat techniques • Defenses • Shifting your weight • The Uppercut • Punching power • Clinching
NOK03 * $19.95 • 32 min.

DAYAN CHI KUNG
Wild Goose Breathing Exercise
FEATURING WEN-MEI YU

Part 1
Dayan Chi Kung was handed down among exclusive circles of the Taoist Kunlun school. The movements help promote the circulation of blood and clears Jingmai, the passages through which Chi (vital energy) flows. • Demonstration of the complete exercise (Forms 1-64) • Basic acu-meridian points• Step-by-step instruction (Forms 1-22)
DYAN01 • $39.95

Part 2
Review (Forms 1-22) • Step-by-step instruction (Forms 23-55).
DYAN02 • $39.95

Part 3
Review (Forms 1-55)• Step-by-step instruction (Forms 56-64)• Daily practice companion
DYAN03 • $39.95

LIANGONG IN 18 FORMS
FEATURING WEN-MEI YU

Part 1
Liangong, a set of exercises based on ancient Chinese therapies, and the curative methods of massage. It is extremely beneficial to anyone interested in self-healing or improving strength, and flexibility. Part one is an introduction to the entire exercise and then takes you through exercises designed to heal neck, shoulder and back pain.
LG1 • $39.95 • 59 min.

Part 2
Part two takes you through exercises designed to heal and strengthen your hips, legs and your joints.
LG2 • $39.95 • 59 min.

Part 3
Part three, teaches you exercises designed to strengthen your tendons and connective tissue as well as preventing and healing internal disorders.
LG3 • $39.95 • 50 min.

TIEN GUNN
FEATURING JAMES MCNEIL

Part 1
Tien Gunn, meaning 'celestial stem' is an ancient series of exercises for health and self-defense. The human body or 'celestial stem' becomes strong and flexible, the circulation of chi and blood is increased, and a powerful root connection to the earth is established. In tape one you'll learn the first ten exercises such as the sword hand, the transverse palm and direct clamping.
TGN1 • $39.95 • 50 min.

Part 2
In this tape you'll learn the last 16 exercises such as the crane's beak blocking, pheonix fist and the spear hand. Practice these exercises for health and self-defense.
TGN2 • $39.95 • 50 min.

8 SECTION BROCADE
FEATURING JAMES MCNEIL

This is a very ancient exercise of washing the inner body. The name refers to the circulation of Chi through the complex network of meridians within the body. When these meridians are obstructed and the chi cannot flow freely the body is affected and sickness may occur. These exercises are designed to remove these obstructions and keep the inner organs in balance and harmony .
8SBRO • $39.95 • 50 min.

ESPADA Y DAGA
Sword and Dagger Combinations
FEATURING EDGAR G. SULITE

In this tape Edgar introduces the material you've all been asking for. Through a progressive series of twenty training drills, you'll gain a good understanding of the use of the sword and dagger and how it's concepts applies to any range of fighting. WARNING: Weapons training is extremely dangerous and caution is advised when attempting any of the techniques shown in this video. Always practice with approved safety training knives and sticks.
ESP01 • $39.95 • 55 min.

THE FLOW OF FILIPINO KALI EMPTY HANDS
FEATURING STEVE GRODY

Part 1
In this tape, Grody teaches a comprehensive series of counterattacks directed at the sensitive areas of the opponent's attacking punch or kick.
FKALI01 • $39.95 • 45 min.

Part 2
In this tape, Grody teaches Kali kicking methods, Kali trapping in attack, primary gunting (nerve hit) combinations and gunting follow-ups. Running time:
FKALI02 • $39.95 • 55 min.

Part 3
In this tape, Grody goes into the details of Kali's distinctive elbow and hand follow-ups to the limbs of the body, wrenches, joint locks and takedowns. Also, Grody takes a thorough look at foot trapping and crucial training methods to develop a technical flow.
FKALI03 • $39.95 • 56 min.

KALI/ESCRIMA
The Art of Filipino Fencing
FEATURING TED LUCAYLUCAY

In this tape Ted illustrates the applications and the connection between weapon and empty hand movements. Exercises are done with sticks, knives and hands. Learn the ABC's of footwork, Power Striking, Blocking Direct Hits and Disarming your opponent.
KALI • $39.95 • 55 min.

LAMECO ESKRIMA: THE SECRETS OF DOUBLE STICK FIGHTING
FEATURING EDGAR G. SULITE

Part 1
In this tape you'll learn the basic footwork patterns. Next, Edgar progressively teaches striking patterns such as solo kadena, lameco 1-2-3, x-strikes, kali six, thrusts, upward strikes, and cross strikes. Edgar demonstrates applications of these patterns against the number one strike.
LAME1 • $39.95 • 48 min.

Part 2
This tape continues where tape one left off. Edgar demonstrates applications against the 2 through 5 strikes. Edgar discusses the concept of openings created when striking and how to use them to counterattack your opponent. The tape concludes with a demo of progressive freelance sparring drills.
LAME 2 • $39.95 • 48 min.

LAMECO ESKRIMA: PRACTICAL SELF-DEFENSE
FEATURING EDGAR G. SULITE

Part 1
In this series, Edgar explores ways to defend yourself against a knife attacker. Edgar starts with the basic footwork. Next, he teaches defenses using the stick. Edgar interchanges a tennis racquet, an umbrella, a handkerchief and a belt in place of the stick and demos their applications.
LESD1 • $39.95 • 50 min.

Part 2
Edgar continues his self-defense lesson against the knife attack. He progresses to empty hand counters. First, a review of the basic footwork patterns. Taught next are a variety of methods for redirecting the knife attack. Also shown are a variety of disarms. Edgar concludes with self-defense techniques.
LESD2 • $39.95 • 50 min.

LAMECO ESKRIMA: ESSENTIAL SINGLE STICK SKILLS
FEATURING EDGAR G. SULITE

Part 1
Edgar teaches the basic footwork patterns; forward and back, sidestepping and triangle, plus maneuvers like ducking, bobbing and weaving. You'll learn the basic grips, the concept of the big circle and small circle, and basic striking angles. Edgar puts it all together in a series of 12 drills and shows how they work in combat situations.
LESS1 • $39.95 • 58 min.

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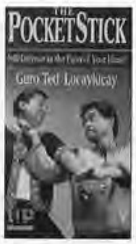
Part 2
In this tape, Edgar continues his lesson on using the single stick. He begins with a review of the basic footwork. Then he teaches a new series of 12 drills that combine all the basics previously learned. He concludes with additional drills designed to develop power in your strikes. This two tape seies gives you a complete look at mastering the single stick.
LESS2 • $39.95 • 58 min.

PANANTUKAN
Filipino Kick boxing
FEATURING TED LUCAYLUCAY

This art and its techniques are deeply enhanced by the knowledge of the movements found in knife fighting. Ted clearly illustrates Blade Awareness and the techniques you'll need to learn Covering, Striking, Punching and Countering Skills.
PANT • $39.95 • 55 min.

THE POCKET STICK
FEATURING TED LUCAYLUCAY



Self defense in the palm of your hand! Featured are simple self-defense techniques against punches, grabs, kicks and more, as well as training methods and flow drills. The pocket stick is simple enough for anyone to learn as a viable means of self-defense.
PSO1 • $39.95 • 55 min.

STICKBOXING
FEATURING TED LUCAYLUCAY

From the structure of Kali and the concepts of JKD comes the dynamic art of 'stickboxing', that uses the full arsenal of Kali/J.K.D. tools, including kicking, elbows, knees, sweeps, locks and takedowns. However, the common denominator is the boxing structure, the glue that binds the arts together.
SBO1 • $39.95 • 55 min.

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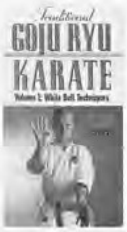
Traditional Goju-Ryu Karate
FEATURING KENT MOYER



VOLUME 1: WHITE BELT TECHNIQUES
Junbi Undo • Hojo Undo • Kihon • Kihon Ido • Sandan Uke Harai.
GOR01 • $39.95

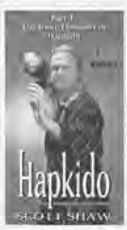
VOLUME 2: YELLOW BELT TECHNIQUES
Hojo Undo • Kihon Ido • Sandan Gi Ni • Higaonna Sanchin Kata • Miyagi Sanchin Kata • Geki Sai Dai Ichi Kata • Geki Sai Dai Ichi Bunkai • Geki Sai Dai Ni Kata.
GOR02 • $39.95

VOLUME 3: GREEN BELT TECHNIQUES
Kihon • Kihon Ido • Introduction to Fighting Stances & Movements • Kihon Ido Fighting Drills • Kotekitai • Sandan Gi San • Geki Sai Dai Ni Bunkai • Saifa Kata • Randori.
GOR03 • $39.95

VOLUME 4: BROWN BELT TECHNIQUES
Ukemi • Kihon Combinations • Basic Kakie • Sandan Gi Yon • Saifa Bunkai • Seiunchin Kata • Ippon Kumite • Yakusoku Kumite.
GOR04 • $39.95

VOLUME 5: BLACK BELT TECHNIQUES
Kihon Ido Combinations • Sandan Gi Go • Advanced Kakie • Seiunchin Bunkai • Shisochin Kata • Shisochin Bunkai • Weapons Defenses • Point Fighting • Iri Kumi.
GOR05 • $39.95

HAPKIDO
FEATURING SCOTT SHAW



Part 1: The Basic Elements of Hapkido
The Korean art of Hapkido translates to the way of coordination and internal power. Scott Shaw brings over 20 years of experience to this 4-part video series. Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense.
HAP01 • $39.95 • 49 min.

Part 2: Deflections, Joint Locks & Throws
Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent.
HAP02 • $39.95 • 55 min.

Part 3: Kicking Techniques & Defenses
Hapkido is well-known for the dynamic kicks incorporated into the art from Taekwondo and Tang Soo Do. In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks.
HAP03 • $39.95 • 51 min.

Part 4: Ground Fighting, Weapon Defenses and Cane Techniques
The realities of combat may find you on the ground or facing an armed opponent. In this tape, Scott teaches kicks, punches, jointlocks and throws from the ground position. You'll learn self-defense against clubs, knives and guns. Finally Scott teaches the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques.
HAP04 • $39.95 • 53 min.

IRON PALM TRAINING
FEATURING BRIAN GRAY

Part 1
This series is for everyone who has ever wanted to break break boards and bricks with their bare hands! Brian Gray teaches you how to properly condition your hands and train in the iron palm technique. Tape one includes instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm.
IRON01 • $39.95 • 53 min.

Part 2
FEATURING BRIAN GRAY
In this tape Brian will teach you: differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo.
IRON02 • $39.95 • 42 min.

Part 3
FEATURING BRIAN GRAY
In the final segment Brian teaches the wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and concludes with a variety of iron palm fighting techniques.
IRON03 • $39.95 • 34 min.

DEFINING JEET KUNE DO
FEATURING BURT RICHARDSON

Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

Pt 1: Introduction to Jeet Kune Do
In this tape Burt discusses the JKD philosophy, and demonstrates the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation.
DJKD01 • $39.95 • 50 min.

Pt. 2: Empty Hand Ranges
This tape continues teaching you techniques that work in the kicking, punching, knee, elbow and grappling ranges. Burton then shows you how to combine these techniques and effectively use them in realistic fighting situations.
DJKD02 • $39.95 • 50 min.

Pt. 3: Attributes and Training Methods
In tape three of the series, Burton demonstrates the attributes necessary to truly enhance your fighting skills. You'll learn solo and partner training drills which are the key to making an individual into an accomplished martial artist.
DJKD03 • $39.95 • 50 min.

Pt. 4 Training Methods: Drills with Equipment
In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination.
DJKD04 • $39.95 • 50 min.

Pt. 5 Drills with Weapons and Sensitivity Drills
In tape five you'll learn single stick, double stick and soft stick drills. By perfecting the fluid movements necessary to maneuver the sticks, you are effectively improving your empty hand coordination skills. The sensitivity drills will make you more aware of your opponent's movements and allow you to react quickly to his attacks.
DJKD05 • $39.95 • 50 min.

Pt. 6 Sparring, Empty Hand and Weapons Techniques
Combining the information previously covered, you'll learn sparring drills that will greatly improve your ability to flow between techniques. To top things off, Burton will explore Kali's stick and dagger techniques to round out your knowledge.
DJKD06 • $39.95 • 50 min.

JEET KUNE DO CONCEPTS
FEATURING BURT RICHARDSON

Part 1
Burton explains the reasoning and philosophy behind the JKD concept. He starts the training with Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Burton translates the weapons motions to empty hands and teaches you to flow from one move to the next. Also covered is an overview of joint locks.
JKDR1 • $39.95 • 50 min.

Part 2
Burton concentrates on trapping and distancing. He starts by showing you the fighting measure and drills on how to manipulate this measure to your best advantage. Next you'll learn sensitivity drills to enhance your trapping skills. Burton finishes with some drills to develop your ability to flow from one technique to another.
JKDR2 • $39.95 • 50 min.

Part 3
Burton focuses on the kickboxing mode of JKD. Burton puts it all together including knees and elbows with combination drills using a variety of equipment. He also covers more Kali stickfighting principles and some sparring drills. Burton concludes with some examples of knife fighting and knife disarms.
JKDR3 * $39.95 * 50 min.

JEET KUNE DO CONCEPTS for KIDS
Bullyproof Your Child
FEATURING JUNE CASTRO

June teaches your child basic boxing and kicking skills and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by her students, some as young as five years of age.
JKDK • $39.95 • 57 min.

JEET KUNE DO WOODEN DUMMY TRAINING
FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Now Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy. He starts by showing some traditional training and progresses to add boxing and JKD drills to the mix. The tape culminates in drills that work you from long range to trapping and back out again.
JKDWD • $39.95 • 60 min.

KALI/JUN FAN/JEET KUNE DO SECTORING
FEATURING STEVE GRODY

Drawing from the concepts and methods of Kali and Jun Fan/Jeet Kune Do, Grody presents an inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms.
GRD01 • $39.95 • 55 min.

JUN FAN/JEET KUNE DO TRAPPING SKILLS
FEATURING STEVE GRODY

Part 1
In one of the most detailed and comprehensive tape series available, Grody works through a clear-cut progression of training designed to give an understanding of the why, when and how of trapping. In this tape, Grody shows how to deal with primary and secondary obstructions to your hand attacks.
GRD02 • $39.95 • 58 min.

Part 2
In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping.
GRD03 • $39.95 • 58 min.

Part 3
In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper.
GRD04 • $39.95 • 45 min.

Part 4
In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer.
GRD05 • $39.95 • 60 min.

GRAPPLING UNLIMITED SERIES
FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships in Rio De Janeiro. He will teach you how to fight from the three key groundfighting positions.

THE GUARD
Egan gives you an introduction to grappling before explaining the guard position. Although you are on your back, the guard is a powerful position to be in. You'll learn how to maintain control from the guard, pass or escape the guard as well as how to counter those escape moves. Egan finishes up with drills that will hone your skills to a high level.
#GLTD01 • $39.95 • 50 min.

THE SIDE POSITION

You'll learn the proper body mechanics to maintain maximum leverage with the least amount of effort. Egan shows you all your options from the side as well as how to escape the side position.
#GLTD02 • $39.95 • 54 min.

THE MOUNT

The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent. Egan will teach you the best defense possibilities. Egan fininshes the series by putting on the gloves and demonstrating sparring in the grappling range.
#GLTD03 • $39.95 • 50 min.

KAJUKENBO/ WUN HOP KUEN DO
FEATURING AL DACASCOS

Part 1: Beginning Theories, Principles and Techniques

This beginning tape gives helpful insights and covers approaching target areas and the personal weapons you'll need to achieve success. Ranges, levels and angles of attack are explained in detail, as well as techniques for entering and exiting your opponents critical zones!
KAJU • $39.95 • 55 min.

Part 2: Intermediate Theories, Principals and Techniques

This tape elaborates on snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation! Learn the purposes of stance and silhouette training.
WHKD2 • $39.95 • 55 min.

Part 3: How to Counter Kicks

Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy! Covered are: kick against kick, hand against kick and body against kick. Also covered are stop-hit techniques, smooth entry and exit and techniques that will lead your opponent to the ground!
WHKD3 • $39.95 • 55 min.

Part 4: How To Work Basics On The Inside Range

Learn WHKD's way of applying Chi Na techniques. A variety of wrist locks and neck restraints are covered. Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as demonstrates special exotic kicks.
WHKD4 • $39.95 • 55 min.

AMERICAN SHAOLIN KENPO
FEATURING JUNE CASTRO

Part 1: Fundamentals

June Castro has been training in the martial arts all of her life. She is an 8th degree black belt in the art of Shaolin Kenpo Karate under her father and instructor Grandmaster Ralph Castro. You will begin with the fundamentals to develop the necessary strength, speed, and foundation that Shaolin Kenpo is known for. This is the first video available on the direct and effective approach to fighting known as Shaolin Kenpo Karate!
ASK01 • $39.95 • 56 min.

Part 2: Using Jeet Kune Do Concepts in Training
June, an 8th degree black belt in Shaolin Kenpo also studies Jeet Kune Do under Burton Richardson. In this tape, she applies the Jeet Kune Do Concept of research and development to Kenpo's training methods. The emphasis is not a comparison, but an expansion of thought and application.
ASK02 • $39.95 • 46 min.

BEGINNING KARATE
FEATURING JERRY TRIMBLE

Jerry Trimble, World light-Welterweight Kick Boxing Champion, shows you the techniques and forms you must know to be a strong contender. You'll learn drills to improve balance, power and speed. A perfect tape for the beginner.
TRIM1 • $39.95 • 50 min.

BEGINNING & INTERMEDIATE COMBINATIONS WITH ENDURANCE DRILLS

Learn the kick and punch combinations you'll need to be the best! You'll learn how to develop maximum power and why different combinations work better than others. Jerry finishes off with endurance drills .Great information for both point fighters and kickboxers.
TRIM 2 • $39.95 • 50 min.

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GOSOKU RYU KARATE
Action Kumite & Free Sparring
FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training and experimentation. You'll learn a variety of defenses against punch and kick attacks. Next you'll see some action-packed freestyle sparring sequences. The tape concludes with a montage of master Kubota's exciting demo performances.
GSK * $39.95 * 40 min.

PANGAI NOON/UECHI RYU KARATE
FEATURING MARK STEWART

PART 1: Understanding Kata

The art of Pangai Noon/Uechi Ryu originated from the close range fighting styles of the tiger, dragon and crane in the legendary land of Fukien Province, China. In this series, Mark Stewart, sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving a full demonstration of each plus applications of movements in the forms.
URK01 • $39.95 •45 min

PART 2: Training Drills
In this tape, Mark introduces training drills designed to develop the hidden motions found in the katas of Uechi Ryu Karate. Using the information detailed in part one, Mark explains the sticky hand drill, the double sticky hand drill, the forward energy drill and the wauke circle block drill, all of which come from the Okinawan iron body drills.
URK02 • $39.95 • 40 min.

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(800) 332-3330

THE ART OF KICK BOXING
FEATURING MARK STEWART

Part 1: Ring Smart
Training includes solo, partner, and equipment techniques, highlighting mobility and flow drills. Mark starts with the basics: stance, footwork, and the 8 angles of attack and evasion. He then teaches 40 different flow drills designed to blend your tools into a variety of combinations. The tape concludes with 12 action packed rounds of progressive sparring!
AKB1 • $39.95 • 50 min.

Part 2: Street Wise
This tape concentrates on using kickboxing concepts for street self-defense. Shown are a variety of drills using combinations designed for self-defense rather than ring fighting including throws,, locks and trapping, plus 12 rounds of sparring focusing on street survival techniques.
AKB2 • $39.95 • 50 min.

MUAY THAI BOXING
FEATURING VUT KAMNARK

Vut Kamnark has been training since he was 8 years old and currently teaches and promotes Muay Thai matches and is president of the U.W.M.T.A. (United World Muay Thai Association.)

Volume 1: Warm-Up, Conditioning & Introduction to Equipment

This tape will get you ready to learn the rigorous techniques of Muay Thai. After explaining Wai Kru, a dance of respect between fighters, you'll learn how to completely stretch and strengthen your body the Muay Thai way. Also full explanations are given on the different kinds of training gear and how to use them including: Thai liniment, ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.
MTB01 • $39.95

Volume 2: Basic Footwork, Punches & Elbows
You'll learn the on-guard stance and basic footwork. Next taught is the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.

MTB02 • $39.95

Volume 3: Kicks & Knees

Vut starts by teaching the push kick and its variations. Next he moves on to Muay Thai's trademark , The round kick. He breaks down each aspect of the kick so you can learn to harness all of its power. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering crippling knee strikes from all angles concludes this tape.
MTB03 • $39.95

Volume 4: Fighting Techniques
This tape puts it all together. It starts out with shadow boxing, the perfect way to practice all your techniques and warm-up at the same time. You'll learn how to defend against all attacks and develop an arsenal of counter combinations. Whether in a clinch or at long range, this tape will give you the information to fully utilize all your weapons. A variety of kick and punch combinations, good for fighting or just a great workout concludes the tape.
MTB04 • $39.95

CHINESE IN-FIGHTING
FEATURING DOUGLAS WONG

In this tape Doug teaches advanced techniques involved in close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque to generate total striking power!
DWONC • $39.95 • 58 min.

CHINESE MARTIAL ARTS FIGHTING SKILLS
FEATURING DOUGLAS WONG

You'll learn to use minimum movement to obtain maximum results! The fighting concepts are broken into two components: 'Linear Motion vs. Circular Motion'. The various Body Zones are covered for long range strikes and for the grappling range. Also the principles of fighting multiple opponents, defenses against weapons, take-downs and more!
DWONB • $39.95 • 58 min.

HSING-I CHUAN
FEATURING GERALD A. SHARP

FIVE FISTS OF POWER, Part 1
This tape takes you through Hsing-I's basic training of hands and stances; as well as the applications and forms training for the 2 Splitting Fists, the Drilling Fist, and the Four Variations of Bursting (Crushing) of the Jiang Rong Qiao Hsing-I system. This tape introduces you to the practicality of Hsing-I both as a training tool, and a self defense art. While Hsing-I appears straightforward, you will be introduced to the slight angles, turns, and close range techniques of this rare internal art.

#HSI501 • $39.95 • 60 min.

FIVE FISTS OF POWER, Part 2
Tape Two completes the Five Fists with many useful applications and forms training for the Pounding and Crossing Fists, as well as teaching the applications and forms for Two Linking forms. These two linking forms known as: Transformation of the Five Fists and Single Linking of the Five Fists, are useful for tying together the principles of Splitting, Drilling, Bursting (Crushing), Pounding, and Crossing. By connecting the Five Fists, you will learn why Hsing-I Chuan is known as the penetrating internal martial art.

#HSI502 • $39.95 • 46 min.

POWER TRAINING
Power Training teaches three Hsing-I Standing Meditations (Zhanzhuang): the Infinity Posture, Listening to The Sea, and the Bear Posture for developing energy, power, and health; Hsing-I Push Hands for developing sensitivity, power, and root; and, useful self-defense applications and forms training for a Hsing-I Animals Power form (Hsing-I Hong Chuan). This tape is useful to a variety of martial arts practitioners, as well as internal arts practitioners such as Ta'i Chi Ch'uan and Pa Kua Chang.

#HSIP • $39.95 • 60 min.

12 ANIMALS, Part I
This tape demonstrates all 12 Animals of the Jiang Rong Qiao Hsing-I system, as well as applications and forms training for the Dragon, Tiger, Monkey, Horse, and Alligator. The 12 Animals build on the principles of the Five Fists and the Linking concepts. Utilizing the behaviors and movements of mythical and wild animals to develop a barrage of useful, practical self-defense techniques.

#HSI1201 • $39.95 • 52 min.

12 ANIMALS, Part 2
This tape completes the 12 Animals with applications and forms training for the Fighting Chicken, Falcon, Swallow, Snake, Ta'i (Ostrich), and the Combined Eagle/Bear. This tape also provides a Daily Practice Companion to practice the forms, and continues to build on the principles of the Five Fists and the Linking Concepts. Applications which emphasize Hsing-I's strikes are coupled with Hsing-I's close range techniques of grappling and throwing.

#HSI1202 • $39.95 • 60 min.

HUNG GAR KUNG-FU
(Tempting the Tiger)
FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles. Hung Gar combines the strong, close-range style of the tiger with the soft, elusive long-range movements of the crane, and its forms are a powerful tool containing a wide range of isometric exercises. You'll learn many of the basic attacks and defenses found in the Hung Gar style. Applications of the various movements in the form are demonstrated both traditionally as well as in real life street situations.
HGAR01 • $39.95 • 45 min.

SHAOLIN FIGHTING
Theories & Concepts
FEATURING DOUGLAS WONG

Douglas Wong, founder of the modern day 'White Lotus' system, has taught over 7000 students with his highly diversified training course. Learn training exercises including upper body developement and body conditioning. Next Doug teaches soft hand blocks and joint locking blocks. You'll learn hand strike combinations followed by some fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.
DWONA • $39.95 • 58 min.

SPLASHING HANDS
FEATURING JAMES MCNEIL

Part 1

Based on the way water pounds against the hands, Splashing Hands is considered one of the most powerful fighting systems available today! McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power. He puts it all together in a variety of self-defense techniques.
SH1 • $39.95 • 48 min.

Part 2
In this tape, McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes.
SH2 • $39.95 • 48 min.

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TAI MANTIS KUNG FU
FEATURING SCOTT COHEN

Part 1: Hidden Techniques
Tai Mantis is a system consisting of the North Shaolin and the Praying Mantis styles. Using basic stances, blocks and strikes, Scott demonstrates multiple applications not apparently seen in the technique. You'll learn how to create take-downs, traps, locks and counters from a few basic moves.
TAIM1 • $39.95 • 58 min.

Part 2: No Holds Barred combat
Learn the importance of timing, speed and power and how a smaller person can defeat a larger opponent by using proper body mechanics! This action packed video will increase the abilities of all students.
TAIM2 • $39.95 • 58 min.

SAVATE BASICS
FEATURING NICOLAS SAIGNAC

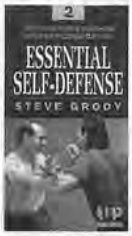
Savate, the traditional art of French kickboxing was developed in the eighteenth century. Today, Savate is practiced internationally by both men and women. Savate provide a complete physical workout while honing the senses and teaching an effective form of self-defense. This tape features a step-by step breakdown of the basic punches, kicks, blocks and combinations needed to practice Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated.
SAV01 • $39.95 • 53 min.

THE SAVATE WORKOUT
FEATURING NICOLAS SAIGNAC

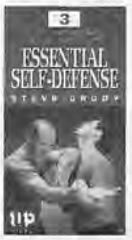
This tape combines a progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. Starting with stretching and warmups and advancing to a variety of kicking and punching drills this workout will complement any martial arts style. This is an excellent workout for both men and women.
SAV02 • $39.95 • 60 min.

ESSENTIAL SELF-DEFENSE
FEATURING STEVE GRODY

Part 1
At each level of learning, Grody emphasizes what is most essential and useable, from the beginning to the more advanced skill levels. In this tape, Grody starts with attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Grody follows with major hand strikes and angles, low-line kicks and knee attacks. He goes on to evasive moves like slips as well as the basic covers and parries.
GRO1 • $39.95 • 53 min.



Part 2
In this tape, Grody continues to work the material shown in part one. He starts by working the focus gloves to teach the principles of defending and countering hand attacks. He progresses to hand defenses with kick follow-ups. Grody gets more in-depth with his explanations of defensive skills both for the hand and the feet and how to flow effortlessly between the two. Ultimately, the information in this tape will give you the ability to flow back and forth between offense and defense spontaneously.
GRO2 • $39.95 • 53 min.



Part 3
In this tape, Grody continues his progression of the most usable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks.
GRO4 • $39.95 • 53 min.

Part 4
In this tape, Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the: jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeing and elbowing ranges.
GRO5 • $39.95 • 53 min.

KARATE FOR STREET SELF-DEFENSE
FEATURING DAN IVAN

Part 1: Unarmed Attacks
Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. As an agent for the CID, he experienced the practical value of the martial arts and has been the official police instructor for numerous law enforcement agencies. In this tape he presents an easy to learn system of street survival. You'll learn practical strikes, blocks and kicks and how to use them in street situations.
KSD01 • $39.95 • 53 min.

Part 2: Weapons
In this tape, Dan focuses on techniques designed to help you escape or disarm an opponent armed with a weapon. He takes the basic structure taught in tape one and develops those fundamentals more fully. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life. Always use training weapons when practicing.
KSD02 • $39.95 • 50 min.

SELF-DEFENSE FOR WOMEN
Simple Street Proven Concepts That Work
FEATURING JUNE CASTRO

In accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. June teaches you the basic elements needed for self-defense. First, avoiding a confrontation through awareness. Second, escape if possible. Specific fighting skills are taught as a last resort; how to strike, where to strike, when to strike, and why. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself.
SDW • $39.95 • 59 min.

YOUR BEST DEFENSE
FEATURING DEBORAH MAGONE

This excellent video is for both men and women! In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense. Points covered include: vital striking areas, basic punches, kicks, knee and elbow strikes, blocks and proper falling techniques. Techniques are shown for purse snatching, when knocked to the ground, hair pulls, grabs and chokes.
SDEFS • $39.95 • 45 min.

KALASAG KUNTAO SILAT
Filipino/Indonesian Martial Arts
FEATURING ROBERTO TORRES

Part 1: Fundamentals
Kuntao, as practiced in Indonesia and the Phillipines, is totally combat oriented. It is a punishing art, characterized by tearing and breaking. Roberto Torres' foundation is based on three systems: Petjut Kilat Silat, Visitacion Kuntao and Wu Kung Kuntao. In this tape You'll learn Balangkas (stepping forms) one through six, Kalasag Kamay (shielding hands), Salag (blocks), Tulay Kamay (bridging hands), Sikaran (kicking) and Laban Kamay (fighting hands).
KKS01 • $39.95

Part 2: Sayaws (Forms)
All the keys to fighting can be found in these dances. You'll learn 15 forms with a fighting application for each. From the applications you'll learn to use your footwork, blocks and strikes and the principles to create your own combinations.
KKS02 • $39.95

Part 3: Buno (Grappling)
FEATURING ROBERTO TORRES
After a short review of the basics, you'll learn the principles of balance and manipulating the centerline. Roberto then teaches foot directions, Tatsulok Buno (triangle throwing) and Hagis (throwing).
KKS03 • $39.95

Part 4: Sandatas (Weapons)
FEATURING ROBERTO TORRES
In part four Roberto teaches the use of the stick or blade. You'll learn the basic strikes and 12 angles of attack. Applications with in-depth explanations are taught. You'll also learn defense, disarms and see controlled free sparring as well as Bunga, a free form practice.
KKS04 • $39.95

PENCAK SILAT RATU ADIL
Combination Techniques
FEATURING RUDY TERLINDEN

Part 1
Rudy has studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. In this tape, Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn the basics of footwork designed to positon you to apply counterattacks and effortless takedowns. Also shown are the forms Pukulan number one and two. Rudy concludes with a variety of self-defense techniques.
TERL1 • $39.95 • 58 min.

Part 2
FEATURING RUDY TERLINDEN
Rudy Terlinden continues to demonstrate more Pencak Silat combinations in this follow-up to part one. He teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques.
TERL2 • $39.95 • 58 min.

TAEKWONDO
FEATURING DANA HEE

The ABC's of Modern Competition Sparring

Eight to win with these techniques taught by Olympic gold medalist, Dana Hee. Learn how to develop the timing and explosive speed that helped her win the lightweight fighting division in the 1988 Olympic Games. This tape is designed to give you an overall view of what it takes to win in thew competition ring.
TKDS01 • $39.95 • 42 min.

Training Drills for Modern Competition Sparring

With these drills, Dana shows you how she made the transition from full contact and point fighting to the style of fighting used in modern competition Taekwondo. Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed. You'll learn the various drills taught by '88 Olympic coach, Sang Chul Lee and other great masters coaching the U.S. team for the 1988 Olympic Games.
TKDS02 • $39.95 • 57 min.

Fighting Strategies for Modern Competition Sparring

Play chess with the champions with these sparring strategies taught by 1988 Olympic Gold Medalist Dana Hee. Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring.
TKDS03 • $39.95 • 59 min.

CHEN STYLE TAI CHI
FEATURING JAMES MCNEIL

Part 1

The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil, a world renowned internal stylist, breaks down the form into individual movements. In this tape, McNeil breaks down the first 22 moves and shows the self-defense applications of each move.
MN1CTC • $39.95 • 48 min.

Part 2

In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64.
MN2CTC • $39.95 • 48 min.

COMBINED TAIJIQUAN IN 48 FORMS
FEATURING WEN-MEI YU

Pt. 1: Forms 1-19

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms.
TC481 • $39.95 • 58 min.

Part 2: Forms 20-48

In this tape, Wen-Mei Yu continues with movements 20-48.
TC482 • $39.95 • 58 min.

WU STYLE TAIJIQUAN IN 89 FORMS
FEATURING WEN-MEI YU

Part 1

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this three part series, she teaches Traditional Wu Style in 89 Forms as taught to her by masters Wu Ying Hua and Ma Yueh Liang. Part one features a demonstration of the complete form, followed by a lesson on all the basic hand forms, stepping movements, turns and kicks. Next a detailed lesson on forms 1-16 is shown.
WU01 • $39.95 • 56 min.

Part 2

Part two continues with detailed linstruction on forms 17-55.
WU02 • $39.95 • 59 min.

Part 3

Part three concludes the series with detailed instruction on forms 56-89 plus a demonstration of self-defense applications derived from the form.
WU03 • $39.95 • 45 min.

TRADITIONAL YANG STYLE TAI CHI KNIFE
FEATURING WEN-MEI YU

The traditional Yang style knife form is composed of thirteen movements. Wen-Mei Yu starts off by teaching you the stances and individual knife methods needed to execute this form. The form itself is taught with detailed, step-by-step instruction, in an easy to learn manner.
YKN • $39.95 • 53 min.

TRADITIONAL YANG STYLE TAI CHI SWORD
FEATURING WEN-MEI YU

Part 1: Movements 1-35

In this tape, Wen-Mei Yu teaches a traditional Yang style sword form. The tape starts with a full demonstration of the form followed by instruction in the basic stances you will be using. The in-depth instruction of the form begins with movements 1-35, including a slow-motion review.
YSW01 • $39.95 • 58 min.

Part 2: Movements 36-53

In this tape, Wen-Mei Yu continues her instruction on the traditional Yang style tai chi form. The tape starts with a review of the material covered in part one before continuing the step-by-step instruction of the final movements 36-53. After completing the instruction, the full form is reviewed in slow motion as well as regular speed.
YSW02 • $39.95 • 46 min.

ACROBATIC FIGHTING TECHNIQUES
FEATURING STUART QUAN

Part 1

Fly through the air with the greatest of ease! In this two-tape series you'll learn to conquer your fears, go for your goals and reach your outer limits. Learn to perform dazzling acrobatic moves through an easy-to-follow, step-by-step process that will increase your flexibilty and strength as well. Part one teaches you: Basic stretching, Kip up, Head stand, Back extension roll, Front roll, Dive roll, Shoulder roll, Cart wheel and Combination moves.
ACR01 • $39.95 • 50 min.

Part 2

In this tape, Stuart continues his acrobatic lesson with: Advanced stretching, Back hand spring, Front hand spring, Back flip, Round off, Aerial cart wheel, wind mill, Combination moves, and Martial art choreography.
ACR02 • $39.95 • 50 min.

THE ART OF STRETCHING AND KICKING
FEATURING JAMES LEW

For you to kick your highest and move your fastest, it is essential to be limber and completely flexible! In this tape, James starts out with a general warm-up before starting his pre-kicking stretch routine, which strengthens as well as limbers up all the muscles used in kicking. Then he covers the basic kicks; front, side, roundhouse, hook, back, crescent, axe and more! You'll learn concepts for power and focus, as well as many tips to perfect your kickin technique. James concludes with stretches designed to obtain maximum flexibilty in an easy to follow routine.
LEW1 • $39.95 • 48 min.

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CREATIVE KICKING COMBINATIONS
FEATURING STUART QUAN

In this tape, Stuart takes your basic kicks and brings out important keys on how to maximize your execution. He talks about the slow/fast principle, how to create power and maintain balance. Next, Stuart gets into the combinations, using both Japanese and Korean style kicks, as well as adding punch combinations. He gives you a detailed, step-by-step breakdown of spinning and multiple kicking methods. He concludes with a series of self-defense techniques combining different styles of marial art.
QUAN 1 • $39.95 • 50 min.

DYNAMIC STRENGTH
FEATURING HARRY WONG

Control your own power destiny! All martial artists must continue to improve their power and speed as they train to achieve their own personal best! In this video, Kung Fu San Soo Master Harry Wong, will show you how to achieve the results you want. Using a unique blend of flowing isometrics Harry teaches you how to continuously improve your strength and physique. Recommended for students of all styles.
DS1 • $39.95 • 58 min.

ENHANCING YOUR SKILLS
FEATURING MARK DACASCOS

In this tape, Mark focuses on exercises and drills to improve your skills for both tournament fighting and street self-defense. He starts off with harmony sparring, a warm-up exercise that develops spontaneous reaction in your technique. Next he goes through a variety of conditioning and strengthening drills to help you overcome fear of contact, as well as build speed and reaction time. Martial artists of all styles will benefit from these unique partner sparring exercises.
ESK • $39.95 • 60 min.

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FIGHTING COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In this tape Christine teaches fighting techniques that she uses to consistently win at tournaments around the world. She begins by teaching methods of footwork. Next, Christine teaches 8 defensive maneuvers including the: side kick, jump back kick, hook kick, ridge hand and more. She continues with 10 offensive combinations like the fake hook kick to round kick, the low reverse punch to ridgehand, sweep and ax kick and her famous multiple round kick to side kick combo. Each technique is taught step-by-step, applied against a partner and demonstrated using training pads to perfect and develop the power in the technique.
FTC • $39.95 • 53 min.

HARD STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In the world of sport karate, Christine Bannon-Rodrigues is the most versatile female competitor of all time. She has consistently won in all three categories of competition-fighting, forms and weapons. In this tape, Christine puts together kicks, punches and gymnastics into a unique blend of 15 combination moves to enhance your hard style forms for open competition. She teaches in an easy, step-by-step manner. As a bonus, Christine demonstrates her hard style form that has won numerous championships around the world.
HSC • $39.95 • 45 min.

up VIDEO

THE HIDDEN COMBAT USE OF FORMS
FEATURING STEVE GRODY

In this tape, Grody explores the combat applications found in traditional Kung-Fu forms. Sometimes the most effective movements are either overlooked or misunderstood. By looking closely at your forms, you can discover their hidden combat lessons. 50 min.
GRO3 • $39.95 • 50 min.

KICKBOXING FOR WOMEN Essence Of Training For Fitness & Self-Defense
FEATURING JUNE CASTRO

A martial arts instructor, a Thai Boxing enthusiast, and certified fitness professional, June Castro teaches the fitness and self-defense aspect of Kickboxing. You will learn the fundamentals of footwork, boxing skills, elbows, knees, kicks, and various Thai Boxing drills. The workout improves the cardiovascular system, increases strength and muscle tone, while developing balance and coordination. The combative skills developed make this workout an excellent form of self-defense training.
KBW • $39.95 • 53 min.

KICKING TO NEW HEIGHTS
FEATURING STUART QUAN

This video focuses on aerial kicking techniques. Included are the Jump Side Kick, the Jump Spinning Kick and the awesome Jump 360 Kick as well as others. Stuart starts the tape with a good warm-up routine while giving you plenty of tips to improve your stretching. He then goes into a step-by step breakdown of each kick. The tape finishes with an array of aerial combinations for you to learn.
QUAN 2 • $39.95 • 50 min.

MARTIAL ARTS FUNDAMENTALS & SELF DEFENSE
FEATURING CARRIE WONG

This program demonstrates various Chinese Kung-Fu training exercises by world renowned forms competitor Carrie Wong. You'll learn important breathing concepts, horse training to develop strength in the lower body, and a basic form. Next you'll learn stump training for balance followed by basic hand forms. The tape concludes with kung-fu self-defense techniques. A great introduction into the Chinese martial arts!
MAF • $39.95 • 59 min.

PROTECTERCISE
FEATURING KAREN SHEPERD

Get in top shape while learning practical, effective self-defense moves. Karen Sheperd, star of several feature films and Red Sonja in Universal Studios' Conan the Barbarian show, has called upon her years of experience as a world champion martial artist and fitness instructor to create Protectercise, the perfect low impact aerobic workout which simultaneously teaches simple and realistic responses to physical assaults.
PROT1 • $39.95 • 60 min.

R.O.C.
FEATURING GREGG WOOLDRIDGE

Part 1

R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. R.O.C. brings self-defense to a level that the average martial artist can understand and utilize with very little time expended in the training process. In this tape, martial artist and bodyguard Gregg Wooldridge teaches you the foundation of R.O.C.: body positioning and body manipulations.
RS1 • $39.95 • 45 min.

Part 2

FEATURING GREGG WOOLDRIDGE

In part 2, Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included. For those of you who have been in actual combat situations, you are well aware of the physicality needed to overcome an opponent. R.O.C. is the perfect supplement to add this to your training!
RS2 • $39.95 • 50 min.

SOFT STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine teaches 10 combinations including the 360° sweep, the jump inside crescent kick into full splits, the aerial butterfly kick, the aerial cartwheel and more. Next she teaches the basic junior longfist form in a step by step method. Christine then teaches a modified version by adding some of the more advanced combinations into the basic form. You'll learn her secrets for creating a world class soft style form for competition.
SSC • $39.95 • 52 min.

STRETCHING AND KICKING MASTER SERIES
FEATURING JAMES LEW

In this tape James focuses on the more dynamic jump, spin and multiple kick techniques. He starts off with a quick review of the basic kicking fundamentals. Next he teaches the jump and spinning front kicks, roundhouses, side, hook, crescent, and axe kicks. You'll learn how to kick from the ground as well as numerous kick combinations. This tape is a catalog of every kick imaginable!
LEW2 • $39.95 • 48 min.

WEAPONS FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine draws from her world championship whipchain and broadsword form to teach you some dynamic combination techniques with these weapons. She starts with basic techniques such as the double flower and the forward figure eight and works up to more complex combinations like the 360¡ jump, floor combinations and neck wraps. Christine then teaches her entire form in a step-by-step breakdown.
WPC • $39.95 • 50 min.

THE AUTHENTIC KUBOTAN® SELF-DEFENSE KEYCHAIN
FEATURING TAKAYUKI KUBOTA

The official Kubotan™ self-defense keychain is a 5 1/2" plastic stick with a keyring attached. This tape will teach you the basic strikes and techniques you'll need to use the Kubotan®. Master Kubota starts off by explaining vulnerable striking points of the body. Next he teaches some simple striking patterns and joint manipulations. After learning the basics, you'll learn how to counter specific attacks including wrist grabs, arm grabs, chokes, punches, bear hugs and more. Master Kubota has taught martial arts to both law enforcement and the general public for over 50 years.
KUKC • $39.95 • 50 min.

The KUBOTAI: Training and Techniques
FEATURING TAK KUBOTA

Soke Takayuki Kubota has designed the ultimate weapon for self-defense. In fact, the Kubotai is so effective, many police departments have enlisted Kubota to train their forces in properly utilizing it. In this video, you'll learn strikes, blocks, control techniques and the kata that will put all the movements together.
KUTAI • $39.95 • 48 min.

SHAOLIN WEAPONS SERIES:
FEATURING JAMES MCNEIL

THE BUTTERFLY KNIFE

Learning to handle martial arts weapons greatly enhances all empty hand techniques. In this tape, James McNeil demonstrates a Shaolin Kung-Fu butterfly knife set in a step-by-step, easy to learn format. To fully understand the weapon, McNeil also teaches the fighting application for each movement of the set.
SWPN01 • $39.95 • 40 min.

THE STAFF

In this tape, James McNeil demonstrates a Shaolin Kung-Fu staff set. By learning this form, you can master most of the basic maneuvers needed to utilize this practical weapon. To further your understanding of this weapon, McNeil also teaches the fighting application of each move of the set.
SWPN02 • $39.95 • 40 min.

WING CHUN GUNG-FU BASICS
FEATURING RANDY WILLIAMS

Pt. 1: Structure and Footwork

Randy Williams gives insightful instruction for the Basic Stance, the Eight Punches and Eight Palm Strikes of Wing Chun. Elbow Strikes and Blocking Motions are covered as are the Five basic Moving Stances. In addition, you will learn the footwork necessary to get the most from the other tapes in this outstanding series.
WCW01 • $39.95 • 50 min.

Pt. 2: Combat Theory and Kicks

This tape is the companion to Structure and Footwork and includes step by step explanations of the Mixed Footwork Patterns used to develop Body Unity. Learn the Centerline Theory, The concept of Reference and The Cutting Angle. Gain insight into Complex Motions and Simultaneous Defense and Attack. Also covered are Wing Chun's Invisible Kick principal and the use of the Rattan Ring!
WCW02 • $39.95 • 50 min.

WING CHUN GUNG-FU COMBAT DRILLS
FEATURING RANDY WILLIAMS

Pt. 1: Basic Blocks and Traps

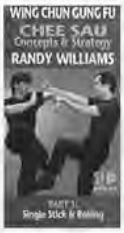
Five Star Arm Toughening Drill, Kuen Siu Kuen punch interception, Straight Punch drills: 4 variations done 3 ways! Also learn Yut Fook Yee Yin/Yang attack and defense drill, Pock Sau for quickness and dexterity in blocking and trapping, and many others!
WCW03 • $39.95 • 50 min.

PT. 2: Advanced Blocks and Traps

Slow Attacks Drills, Four Line Changing, Simultaneous Attack & Defense, Trapping and Kicking, Woo Sau Cutting Angle Defense, Fon Sau Drill for quickness and economy of movement, Lop Sau, Wing Chun's timing and trapping drill, Gahng Gyeuk; a 6-part shin/knee/ calf toughening exercise and others!
WCW04 • $39.95 • 50 min.

WING CHUN GUNG-FU
Chee Sau Concepts & Strategy
FEATURING RANDY WILLIAMS

Pt.1: Single Stick & Rolling



This video covers Look Sau; the famous double rolling arms cycle of Wing chun. Single Sticky hand and Inside and Outside Whip Cycles are demonstrated as well as basic three part sensitivity drills. All are clearly shown with and without the specific footwork, to make these techniques easier to learn and apply!
WCW05 • $39.95 • 50 min.

Pt. 2: Combat Sticky Hands

In this, the companion video, Randy takes you to new heights with the ultimate in Look Sau Rolling Arms techniques, 25 Gwoh Sau combat/attack combinations as well as 2 Response Chains! All designed to allow you to handle the multiple variations and possible outcomes of an attack!
WCW06 • $39.95 • 50 min.

WING CHUN GUNG-FU
FEATURING RANDY WILLIAMS

108 Wooden Dummy Motions Pt. 1

Part one covers the first 60 motions of the Mook Yan Joang Fot Yut Ling Bot wooden dummy forms and their applications. Also covered are dummy structure and installation.
#WCW07 • $39.95 • 50 min.

108 Wooden Dummy Motions Pt. 2
FEATURING RANDY WILLIAMS

Part two covers the remaining 48 motions based on the Biu Jee thrusting fingers set. Again forms and applications are covered.
WCW08 • $39.95 • 50 min.

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WOODEN DUMMY TRAINING
FEATURING RANDY WILLIAMS

PART 1: Advanced Wooden Dummy Drills
In this tape, Randy demonstrates over twenty drills, both on the dummy and with a partner. He starts with the 5-Star Blocking Drill and continues with others such as: Fist Parries Fist, Huen Da Progression, Jom Sau Chasing, Straight Punch Drills, The Invisible Kick and more.
WCW09 • $39.95 • 56 min.

PART 2: Lop Sau, Chee Sau and Dummy Theory

In this tape, Randy concentrates on the Lop Sau/Fon Sau Switch, the Chahng Dai Jyeung Switch, the Biu Sau Switch, the Gum Sau Switch and the Pock Sau Switch. He then goes into Look Sau–Rolling Hands and attack combinations, Sticky Foot, the Dummy Centerline Theory and more.
WCW10 • $39.95 • 56 min.

WING CHUN GUNG-FU CLOSE RANGE COMBAT TECHNIQUES
FEATURING RANDY WILLIAMS

PART 1: Combat Principles and Attacking Combinations

This tape provides an explanation of important Wing Chun fighting principles such as the open/closed relationship, plant/trap/hit, the yin cutting angle, combat attitude, body unity and more. Also included are a number of fighting techniques, demonstrated at speed and in detailed slow-motion.
WCW11 • $39.95 • 47 min.

PART 2: Defense Against Straight Punches and Kicks

In part two, Randy continues to demonstrates fighting techniques against the jab, the 1-2, and a variety of different kicks.
WCW12 • $39.95 • 53 min.

PART 3: Emergency Defenses and Defenses against Punching Combinations

In part three, Randy starts off with a unique warm-up series and then continues with fighting techniques against a variety of punching combinations as well as different grabs, rear attacks and other self-defense situations.
WCW13 • $39.95 • 35 min.

WING CHUN GUNG-FU TRAINING METHODS
FEATURING RANDY WILLIAMS

PART 1: Advanced Lop Sau Principles

In this tape Randy teaches numerous training drills designed to perfect your Wing Chun techniques such as: All Lop Sau switches with kicks, stop kicks, broken rhythm, Fon Sau Switching, Chahng Dai Jyeung Switching, Biu Sau Switching, Gum Sau Switching, Pock Sau Switching and more.
WCW14 • $39.95 • 41 min.

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Part 2: Advanced Two-Man Drills

In this tape, Randy demonstrates training drills such as: The Pock Sau cycle, Leakage Drills, Huen Da, Block Responses, The Body Trap Drill, Single Sticky Hand with Kicks, Combat Sticky Foot and more.
WCW15 • $39.95 • 41 min.

Part 3: Structure and Stamina Training

In this tape, Randy teaches the Siu Leem Tau form, the Chum Kiu form, the Biu Jee form and some of his unique training methods such as the 1080 Punches, the 1024 Kicks, Short Punches, L-Moving and Whip Power. These drills are guaranteed to make the most of your practice sessions.
WCW16 • $39.95 • 60 min.

SIU LEEM TAU:
Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1

The first form is Siu Leem Tau or The Little Idea. A demonstration of the complete Siu Leem Tau Form and a detailed breakdown of part one motions and principles including: Basic Stance • Basic Punching Principles • Concept of Facing • Grabbing • Simultaneous, Indepen-dent Motion of the Hands • Chi Development • Rooting/Sinking • Hooking Traps • Basic Blocking Structure • The Cutting Angle of Wing Chun Blocks • Leen Siu Dai Da–Economy of Motion • Running Hand and More
WCW17 • $39.95

Part 2

Part 2 continues with detailed explanations of part two and three motions and principles of the Siu Leem Tau Form including: Whirlpool Energy • Striking Principles • Trapping Principles • Multi-Directional Movement • Punching Variations • Yut Fook Yee • One Hand Traps Two • Invisible Centerline Attack Principle • Basic Concept of Reference • Long Bridge Motions • Knee and Elbow Strikes • Borrowing Power • Palm Striking Variations • Neck Trapping • The Stupid Trap
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SIU LEEM TAU: Combat Techniques
FEATURING RANDY WILLIAMS

Part 1
Siu Leem Tau applications in Combat Sticky Hands engagements which include: Sup Jee Sau • Chop Kuen • Loy Fon Chop Kuen • Ngoy Kwun Sau • Loy Kwun Sau • Loy Fon Kuen • Inclusion • Chau Kuen Siu Kuen • Tan Da • Huen Da • Woo Sau • Running Hand • Woo Sau Clamping Trap • Fook Sau • Pock Sau • Pock Da • Loy Pock Sau • Jing Jyeung • Gum Jyeung • Shoulder Butts & Blocks • Gum Sau • Gum Da.
WCW19 • $39.95•

Part 2
Combat Sticky Hands engagements highlighting more Siu Leem Tau principles and techniques in application including: Lon Da • Lop/Fun Sau • Jom Sau • Chuo Kuen • Yut Fook Yee • Jut Sau • Biu Sau • Syeung Kuen • Hahng Sau • Ding Sau • Tai Kuen • Hay Jahng • Tai Sut • Kau Sau • Ngoy Jut Sau • Chahng Jyeung • Pon Geng Sau • The Stupid Trap • Gahng Sau • Gahng Da • Tan Sau Wrap • Clamping Trap • Circling Cut • Chahng Dai Jygung • Boang Sau • Sinking Tan Sau • Pau Sau • Tuet Sau
WCW20 • $39.95

CHUM KIU: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
Volume 1 starts with the complete Chum Kiu Form then continues with a detailed explanation of its individual motions and principles including: Body Unity • Concept of Reference • Yin/Yang Motion • Inclusion/Exclusion • Use of Centrifugal/Centripetal Force • Relaxed Power • Leg Checking • Elbow Attack • Stance Pivoting Range and Limits • Joint Locks/Strikes • Mixing Principles • Waist Trapping • Boang Sau Defense • Roots of Lop Sau and more.
WCW21 • $39.95

Part 2
Explanations of Chum Kiu principles including: Outward Diagonal Punch • Excluding from Underneath • Combination Footwork • Various Facing Relationships • Combat Usage of Fook Sau • Whip Power • Hand Strikes on the Ground • Combing Circular and Straight Motion • Combining Bent and Straight Motion • Kicking Principles • Leg Blocking • Hock Throw • Plant/Trap/Hit Principle • Use of Momentum • Change of Reference vs. One or More Opponents and more.
WCW22 • $39.95

Part 3
Explanations of Chum Kiu principles plus aslow-motion look at the Chum Kiu Form. Finally Randy teaches Combat Lop Sau which teaches you how to break into free-form combat from the Lop Sau cycle. Chum Kiu principles covered in this tape include: Sidekick • Stop Kicking vs. Punching and Kicking • Kick Sequence for Training • Ducking • Offset Timing • Defense vs. Hooks/Backfists and more.
WCW23 • $39.95

CHUM KIU: Combat Techniques
FEATURING RANDY WILLIAMS

This tape demonstrates Combat Sticky Hand engagements highlighting Chum Kiu principles in application including: Choh Ma Cheh Kuen • Jeen Kuen • Pai Jahng • Soang Jahng • Chum Jahng • Jeep Sau • Waist Trap • Lon Sau • Boang Sau Neckbreak • Ngoy Doy Gock Kuen • Exclusion • Jing Ma • Jing Gyeuk • Ngoy Tiu Gyeuk • Leakage Attacks • Chum Kiu • Chau Kuen • Pon Geng Sau • Lop Fook Sau • Wahng Gyeuk • Loy Tiu Gyeuk • Loy Doy Gock Gyeuk and more.
WCW24 • $39.95

BIU JEE: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
The third hand form is Biu Jee or Shooting Fingers. Volume 1 starts with the complete Biu Jee form. Next is a detailed breakdown of part one motions and principles including: Combining the Forms • Advanced Biu Jee Pivoting • Spring Fingers Strike • Wrist Snapping Power • Four-Way Wrist Whipping • Horizontal Forearm Strikes • Grabbing Techniques • Crawling Trap • Butting Elbow Strike • Nosecone Defenses • Rolling Strikes on the Ground • Complex Timing • and more.
WCW25 • $39.95

Part 2
Volume 2 continues with explanations of Biu Jee principles including: Lowline Exclusion • Springy Power • Fock Sau Blocking and Attacking • Defense vs. Rear Attack • Close Range Usage of Long Bridge Motions • Adding Yang Power to Yin Motions • Defeat of the Yin/Yang Structure • Mixing Whirlpool and Straightline Energy • Gwot Sau Scooping • Chambering at Extremely Close Range • Finger Strikes to the Eyes and Throat •Multi Attack • Groundfighting and more.
WCW26 • $39.95

Part 3
Volume 3 continues with explanations of Biu Jee principles plus another look at the complete form in slow motion. Biu Jee principles in this video include: Inward Diagonal Punch • Finding the Root of all Punches in Wing Chun Blocks • Determining the Centerline • Blending Punch Principles • Abbreviated Pivoting Stance • Forward/Backward Headbutting • The Wing Chun Bob & Weave • Locking/Stopkicking from a position of extreme disadvantage • Kick Facing • Correlation of Wing Chun Leg Blocks to Hand Blocks and more
WCW27 • $39.95

BIU JEE: Combat Techniques
FEATURING RANDY WILLIAMS

Volume 4 demonstrates Combat Sticky Hand engagements highlighting Biu jee principles including: Tahng Jee • Forearm Strikes • Reverse Neck Trap • Grabs • One Finger Trap • Gwai Jahng • Nosecone Defense • Butting Elbow • Motion Intercepting Stance • Inward/Outward Sweeps • Complex Blocks • Outside Whip Punch • Lowline Exclusion • Piercing Toe Kick and more.
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Kenny teaches you the stretching methods that allow the Wushu competitor to accomplish the great range of flexibility neccessary to perform their dynamic routines.
WUSH01 • $39.95 • 50min.

Pt. 1: CHANG CHUAN: LONG FIST BOXING: Basics
This is an introduction into the basic strikes, kicks and stances that serve as the foundation of this northern style of kung-fu.
WUSH02 • $39.95 • 50 min.

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WUSHU TRAINING SERIES:
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Pt. 2: CHANG CHUAN: LONG FIST BOXING: Form and Application

This tape teaches you an elementary chang chuan form and breaks down those movements into their practical applications.
WUSH03 • $39.95 • 50 min.

THE SHAOLIN SHORT STAFF

This tape teaches you the fundamentals of the short staff as well as demonstrating a form and breaking down the movements into their practical applications.
WUSH04 • $39.95 • 50 min.

CHAINWHIP AND BROADSWORD

Kenny starts off with the broadsword and teaches movements including, coiling, the stab, the hack, the pick, thrusts, the press, slices and different figure eights. A basic broadsword form is demonstrated. The instruction for the 9-section chainwhip includes figure eights, swings, circles, neck wraps, leg maneuvers and the one-hand toss around. The tape ends with combination techniques and a complete form demonstration.
WUSH05 • $39.95 • 45 min.

3-SECTIONAL STAFF

In this tape you'll learn all the skills needed to master this weapon. Kenny starts off by showing the basic ways to hold the staff, then moves on to manipulating the weapon. You'll learn various figure eight motions, blocks, swings, stabs, circling and methods of opening and closing the 3 sections. More complex techniques like the 10 strikes and ground rolls are also covered. An introductory form is taught step-by-step with applications.
WUSH06 • $39.95 • 48 min.

NAN CHUAN

Nan Chuan focuses on the southern styles of kung-fu such as hung gar, five animals and wing chun. Kenny starts off by teaching the basic hand forms including tiger claw, crane, snake and dragon. He then teaches drills to develop strikes using the different hand forms. Next, you'll learn 10 stances and 10 stepping patterns. Kenny combines all the basics and teaches you the compulsory basic nan chuan form in a step-by-step breakdown. Finally, you'll learn how to apply the techniques in fighting situations.
WUSH07 • $39.95 • 60 min.

DITAN CHUAN

Ditan chuan focuses on falling, tumbling and groundfighting techniques. Kenny starts by teaching falling techniques including front back and side falls as well as the front flip fall. Acrobatic moves include rolls, dives, kips, cartwheels, scissors, handsprings and the butterfly kick. The tape concludes with numerous applications of these innovative techniques.
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EFFORTLESS COMBAT THROWS
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In this detailed video, Tim Cartmell expertly explains the principles of combat throwing techniques and provides dozens of examples of throwing techniques which, when performed correctly, do not require the use of great power, force or effort. Drawing from over 25 years of martial arts experience, Tim explains the concepts of combat throwing techniques in a clear and easy-to-follow manner. Practitioners of all martial arts will benefit from learning the principles of effortless combat throwing techniques and the theory, strategy, set-ups, and follow-throughs explained and demonstrated .
#TROW01 • $39.95 • 60 min.

THE FUNDAMENTALS OF PA KUA CHANG
FEATURING PARK BOK NAM

VOL. 1

Pa Kua Chang is one of China's foremost internal martial arts, based on the pa kua or eight trigram symbol. In this video, world renowned pa kua chang master Park Bok Nam demonstrates in detail the various components of pa kua chang's basic training as it was taught to him by the legendary master, Lu Shui-Tien. These exercises will help any martial artist improve footwork, body flexibility, internal energy circulation, and internal striking power.
#PAK01 • $39.95 • 53 min.

VOL. 2

This video begins where Volume One left off, increasing the viewer's knowledge and understanding of pa kua chang footwork, palm striking power, martial arts body movements, and chi kung internal energy development. In addition, this volume adds the components of elbow striking, leg locking, and kicking.
#PAK02 • $39.95 • 57 min.

GAO STYLE BA GUA ZHANG: PRACTICE AND APPLICATION
FEATURING LUO DE XIU

In this video Luo De Xiu demonstrates all eight of the Gao Style Pre-Heaven Ba Gua changes, demonstrates four different circle walking methods, shows numerous applications of the Gao style form, demonstrates six of the Post-Heaven, straight line Ba Gua forms from the Gao style and teaches Ba Gua relaxation Qi Gong.
#GAO01 • $39.95 • 60 min.

PRACTICAL CHIN NA
FEATURING TIM CARTMELL

PART 1

Chin na specializes in the striking and seizing of vital points, grasping of tendons and blood vessels, and the locking of joints. Every major martial art in China utilizes the techniques of chin na and thus it is said that "chin na represents the essence of Chinese martial arts." This tape features 20 different techniques used to lock the neck, elbow and shoulder.
#CHIN01 • $39.95 • 60 min.

PART 2

Part two of this series features techniques used to lock the wrist, hips and knees. With each tecnique shown, Tim also teaches set-ups, take-downs, follow-throughs, and pins so that the viewer can learn to apply these techniques in fighting situations.
#CHIN02 • $39.95 • 60 min.

THE PRINCIPLES OF BA GUA ZHANG FIGHTING
FEATURING LUO DE XIU

In this video Luo De Xiu of Taipei, Taiwan, demonstrates the basic hand, body, and stepping exercises, palm changes, combat forms, and two-person sets which provide the foundation for using ba gua zhang as a combat art. In addition Luo De Xiu demonstrates a wide variety of combat techniques.
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FEATURING TIM CARTMELL

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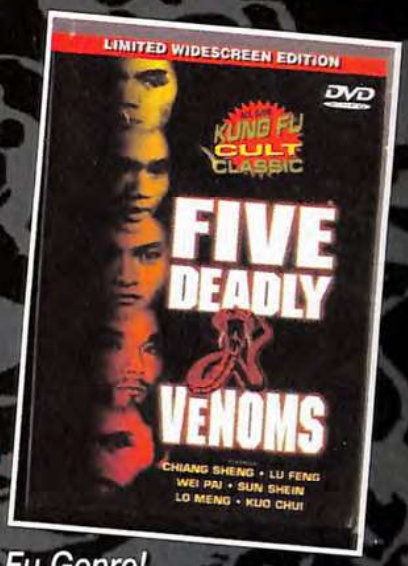

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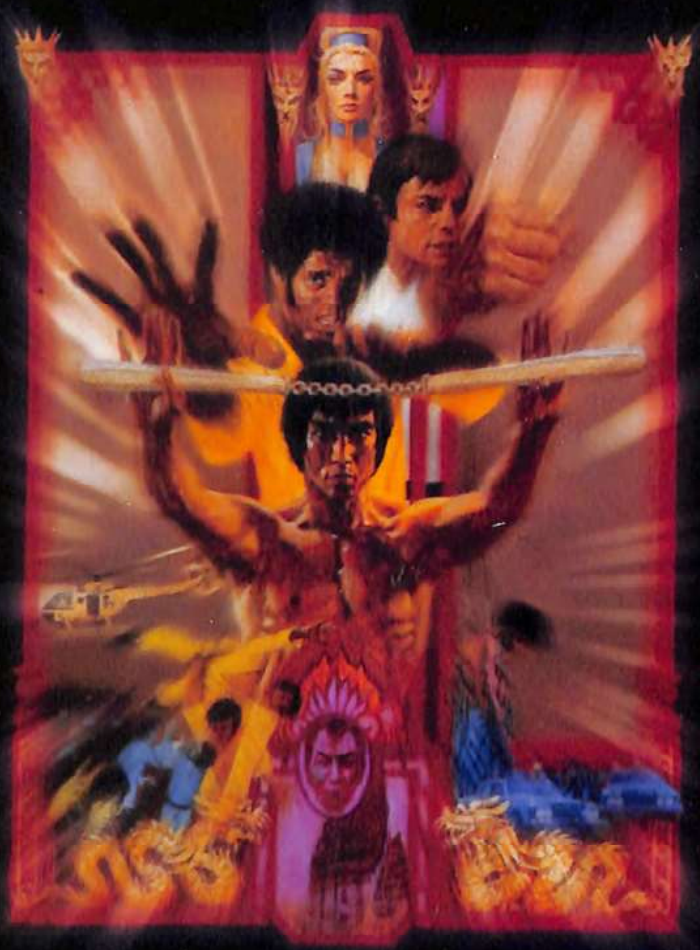

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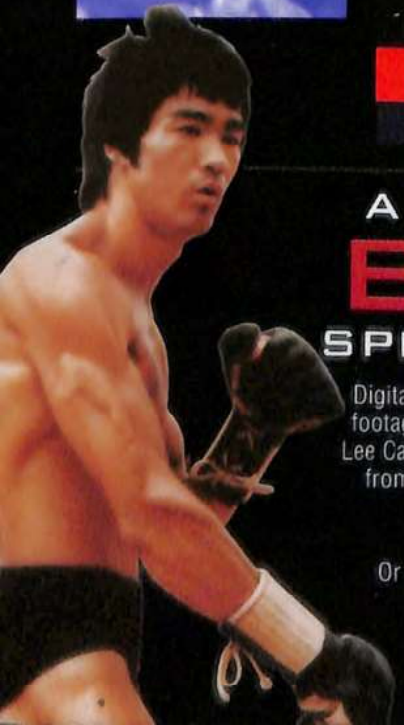

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